

**N. C. TRACK & CROSS COUNTRY  
COACHES ASSOCIATION  
FOUNDED 2002**

**1A/2A Indoor Track Qualifying Standards  
for the State Meet 2017**

|             | <u>Women</u> | <u>Men</u> |
|-------------|--------------|------------|
| Shot Put    | 30' 6"       | 42' 0"     |
| Long Jump   | 15' 0"       | 19' 6"     |
| Triple Jump | 31' 0"       | 40' 2"     |
| High Jump   | 4' 6"        | 5' 8"      |
| Pole Vault  | 7' 6"        | 10' 0"     |

|               | <u>Women<br/>Hand-Held Standard</u> | <u>Women<br/>F. A. T. Standard</u> | <u>Men<br/>Hand-Held Standard</u> | <u>Men<br/>F. A. T. Standard</u> |
|---------------|-------------------------------------|------------------------------------|-----------------------------------|----------------------------------|
| 4 x 800 Relay | 11:30.0                             | 11:30.24                           | 9:05.0                            | 9:05.24                          |
| 55M Hurdles   | 10.0                                | 10.24                              | 8.8                               | 9.04                             |
| 55M Dash      | 7.4                                 | 7.64                               | 6.5                               | 6.74                             |
| 4 x 200 Relay | 1:58.0                              | 1:58.24                            | 1:38.0                            | 1:38.24                          |
| 1600M Run     | 5:53.0                              | 5:53.24                            | 4:48.0                            | 4:48.24                          |
| 500M Run      | 1:28.0                              | 1:28.24                            | 1:11.0                            | 1:11.24                          |
| 1000M Run     | 3:30.0                              | 3:30.24                            | 2:50.0                            | 2:50.24                          |
| 300M Dash     | 45.0                                | 45.24                              | 37.4                              | 37.64                            |
| 3200M Run     | 13:15.0                             | 13:15.24                           | 10:40.0                           | 10:40.24                         |
| 4 x 400 Relay | 4:40.0                              | 4:40.24                            | 3:47.0                            | 3:47.24                          |

| <u>Wheelchair</u>         | <u>Women HHT</u> | <u>Women FAT</u> | <u>Men HHT</u> | <u>Men FAT</u> |
|---------------------------|------------------|------------------|----------------|----------------|
| Shot Put                  | 6' 0"            | 6' 0"            | 8' 0"          | 8' 0"          |
| 55M Dash                  | 26.0             | 26.24            | 23.0           | 23.24          |
| <u>Amputee Above Knee</u> | -                | -                | -              | -              |
| 55-meter dash             | 9.9              | 10.14            | 9.0            | 9.24           |
| 300-meter dash            | 1:16.0           | 1:16.24          | 55.0           | 55.24          |
| Long Jump                 | 12' 7"           | 12' 7"           | 16' 0"         | 16' 0"         |
| <u>Amputee Below Knee</u> |                  |                  |                |                |
| 55-meter dash             | 9.4              | 9.64             | TBD            | TBD            |
| 300-meter dash            | 54.4             | 54.64            | TBD            | TBD            |