

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

**3A Indoor Track Qualifying Standards  
for the State Meet 2017**

	<u>Women</u>	<u>Men</u>
Shot Put	30' 0"	43' 0"
Long Jump	15' 9"	19' 8"
Triple Jump	31' 0"	40' 2"
High Jump	4' 10"	5' 10"
Pole Vault	8' 6"	11' 6"

	<u>Women</u> Hand-Held Standard	<u>Women</u> F. A. T. Standard	<u>Men</u> Hand-Held Standard	<u>Men</u> F. A. T. Standard
4 x 800 Relay	11:00.0	11:00.24	8:50.0	8:50.24
55M Hurdles	9.5	9.74	8.8	9.04
55M Dash	7.3	7.54	6.4	6.64
4 x 200 Relay	1:54.0	1:54.24	1:35.4	1:35.64
1600M Run	5:40.0	5:40.24	4:40.0	4:40.24
500M Run	1:24.0	1:24.24	1:09.6	1:09.84
1000M Run	3:18.0	3:18.24	2:43.0	2:43.24
300M Dash	44.0	44.24	36.8	37.04
3200M Run	12:20.0	12:20.24	10:10.0	10:10.24
4 x 400 Relay	4:26.0	4:26.24	3:43.0	3:43.24

<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