

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

**3A Indoor Track Qualifying Standards
for the 2014 Indoor State Meet**

	Men Indoor Standard	Men Outdoor Standard	Ladies Indoor Standard	Ladies Outdoor Standard
Shot Put	45' 0"	45' 0"	31' 0"	31' 0"
Long Jump	20' 6"	20' 6"	15' 9"	15' 9"
Triple Jump	42' 0"	42' 0"	33' 0"	33' 0"
High Jump	6' 0"	6' 0"	4' 10"	4' 10"
Pole Vault	11' 6"	11' 6"	9' 0"	9' 0"
4 x 800 Relay	8:54.0	8:54.0	11:00.0	11:00.0
55M Hurdles	8.15	7.9	9.74	9.5
55M Dash	6.54	6.3	7.54	7.3
1600M Run	4:44.0	4:44.0	5:44.0	5:44.0
500M Run	1:09.8	1:09.8	1:24.0	1:24.0
1000M Run	2:44.0	2:44.0	3:20.0	3:20.0
300M Dash	36.8	36.8	43.5	43.5
3200M Run	10:20.0	10:20.0	12:30.0	12:30.0
4 x 400 Relay	3:37.0	3:37.0	4:26.0	4:26.0
Wheelchair Shot Put	6' 0"	6' 0"	4' 0"	4' 0"
Wheelchair 55M Dash	25.0	25.0	28.0	28.0