

1A/2A Indoor Track & Field State Meet Qualifying Standards 2023-2024

	<u>Women</u>	<u>Men</u>
Shot Put	30'6"	41'0"
Long Jump	15'8"	20'0"
Triple Jump	32'0"	39'0"
High Jump	4'10"	5'8"
Pole Vault	7'6"	10'0"

	<u>Women</u> <u>HHT</u>	<u>Women</u> <u>F.A.T.</u>	<u>Men</u> <u>HHT</u>	<u>Men</u> <u>F.A.T.</u>
4X800 Relay	11:30.0	11:30.24	9:08.0	9:08.24
55 M Hurdles	9.4	9.64	8.3	8.54
55 M Dash	7.2	7.44	6.4	6.64
4X200 Relay	1:54.0	1:54.24	1:35.0	1:35.24
1600 M	5:46.5	5:46.74	4:45.0	4:45.24
500 M	1:25.4	1:25.64	1:10.0	1:10.24
1000 M	3:24.0	3:24.24	2:48.0	2:48.24
300 M	43.5	43.74	36.8	37.04
3200 M	12:30.0	12:30.24	10:20.0	10:20.24
4X400 Relay	4:42.0	4:42.24	3:45.0	3:45.24

<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"
55 M Dash	26.0	26.24	23.0	23.24

Amputee Above Knee

55 M Dash	9.9	10.14	9.0	9.24
300 M Dash	1:16.0	1:16.24	55.0	55.24

Amputee Below Knee

55 M Dash	9.4	9.64	TBA	TBA
300 M Dash	54.4	54.64	TBA	TBA

*****The NCHSAA approved conversions for state qualifying marks achieved on an indoor flat track for seeding purposes. The below conversions will be done by Meet Management prior to the State Championships first published performance list******

<u>Boys</u>		<u>Girls</u>	
<u>Event</u>	<u>Conversion</u>	<u>Event</u>	<u>Conversion</u>
300 M	-0.62	300 M	-0.62
500 M	-1.06	500 M	-1.05
1000 M	-2.20	1000 M	-2.15
1600 M	-3.50	1600 M	-3.25
3200 M	-6.80	3200 M	-6.10
4X200 M	-1.70	4X200 M	-1.75
4X400 M	-3.50	4X400 M	-3.50
4X800 M	-7.50	4X800 M	-7.50

Standard adopted approved July 2023