

# 3A Indoor Track & Field State Meet Qualifying Standards 2024-2025

	Girls	Boys
Shot Put	33'0"	43'6"
Long Jump	16'2"	21'0"
Triple Jump	33'9"	40'6"
High Jump	5'0"	6'0"
Pole Vault	9'0"	11'6"
Wheelchair SP	6'0"	8'0"

Event	Girls			Boys		
	Polar Bear/Banked	Flat 200m	Flat 200m	Polar Bear/Banked	Flat 200m	Flat 200m
	HHT	FAT	FAT	HHT	FAT	FAT
<b>4x800 Relay</b>	10:50.0	10:50.24	10:57.74	8:36.0	8:36.24	8:43.74
<b>55m Hurdles</b>	8.9	9.14	9.14	7.9	8.14	8.14
<b>55m Dash</b>	7.1	7.34	7.34	6.3	6.54	6.54
<b>4x200 Relay</b>	1:49.5	1:49.74	1:51.49	1:32.5	1:32.74	1:34.44
<b>1600m</b>	5:32.0	5:32.24	5:35.49	4:32.0	4:32.24	4:35.74
<b>500m</b>	1:22.0	1:22.24	1:23.29	1:08.0	1:08.24	1:09.30
<b>1000m</b>	3:15.0	3:15.24	3:17.39	2:40.0	2:40.24	2:42.44
<b>300m</b>	42.0	42.24	42.86	36.0	36.24	36.86
<b>3200m</b>	12:00.0	12:00.24	12:06.34	9:56.0	9:56.24	10:01.04
<b>4x400 Relay</b>	4:21.0	4:21.24	4:24.74	3:36.0	3:36.24	3:39.74
<b>WHEELCHAIR</b>						
<b>55m Dash</b>	26.0	26.24	26.24	23.0	23.24	23.24
<b>AMPUTEE ABOVE KNEE</b>						
<b>55m Dash</b>	9.9	10.14	10.14	9.0	9.24	9.24
<b>300m</b>	1:16.0	1:16.24	1:16.86	55.0	55.24	55.86
<b>AMPUTEE BELOW KNEE</b>						
<b>55m Dash</b>	9.4	9.64	9.64	TBA	TBA	TBA
<b>300m</b>	54.4	54.64	55.26	TBA	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>Girls</u>		<u>Boys</u>
Event	Conversion	Event	Conversion
300 M	-0.62	300 M	-0.62
500 M	-1.05	500 M	-1.06
1000 M	-2.15	1000 M	-2.20
1600 M	-3.25	1600 M	-3.50
3200 M	-6.10	3200 M	-6.80
4X200 M	-1.75	4X200 M	-1.70
4X400 M	-3.50	4X400 M	-3.50
4X800 M	-7.50	4X800 M	-7.50

*Standard adopted approved July 2024*