

**NYSPHSAA/FEDERATION BOYS & GIRLS SPRING TRACK**  
**APPROVED STANDARDS FOR THE SECOND QUALIFER FOR**  
**THE 2010 SEASON**

EACH SECTION MUST DESIGNATE THEIR STATE QUALIFIER MEET.

FIRST PLACE FINISHER IN EACH INDIVIDUAL EVENT AND RELAY FROM THE FOLLOWING DIVISIONS WILL ADVANCE TO THE STATE MEET: ***DIVISION I AND DIVISION II.***

A SECTION MAY SEND ANOTHER ATHLETE OR RELAY TEAM IN ANY EVENT PROVIDING THEY MEET THE FOLLOWING STANDARDS. A SECTION CAN SEND ONE ADDITIONAL ENTRY FOR EACH EVENT IN EACH DIVISION, PROVIDING THEY BOTH MEET THE STANDARD LISTED BELOW. THE STANDARD MUST BE MET AT ANY INVITATIONAL OR CHAMPIONSHIP MEET STARTING THE LAST WEEKEND IN APRIL. ANY ADDITIONAL QUALIFER MUST COMPETE IN THE STATE QUALS MEET IN THAT EVENT!! ***SEED TIMES MAY COME FROM ANY OF THESE MEETS STARTING THE LAST WEEKEND IN APRIL.***

<b><u>EVENT</u></b>	<b><u>BOYS D1</u></b>	<b><u>BOYS D2</u></b>	<b><u>GIRLS D1</u></b>	<b><u>GIRLS D2</u></b>
<b>100M DASH</b>	11.0/11.24	11.2 / 11.44	12.4 / 12.64	13.0 / 13.24
<b>200M DASH</b>	22.4 / 22.64	22.7 / 22.94	25.4 / 25.64	26.4 / 26.64
<b>400M DASH</b>	49.4 / 49.64	50.0 / 50.24	57.7 / 57.94	58.9 / 59.14
<b>800M RUN</b>	1:56.7/ 1:56.94	1:58.7 / 1:58.94	2:14.6 / 2:14.84	2:20.1 / 2:20.34
<b>1600/1500M RUN</b>	4:16.6/ 4:16.84	4:26.7 / 4:26.94	4:37.5 / 4:37.74	4:48.2 / 4:48.44
<b>3200/3000M RUN</b>	9:20.7/ 9:20.94	9:34.8 / 9:35.04	10:06.5/ 10:06.74	10:29.9/ 10:30.14
<b>STEEPLECHASE</b>	9:43.9/ 9:44.14	10:04.4/ 10:04.64	7:07.7 /7:07.94	7:23.8/ 7:24.04
<b>HIGH HURDLES</b>	15.0 / 15.24	15.8 / 16.04	15.4 / 15.64	16.1 / 16.34
<b>400M HURDLES</b>	55.4/ 55.64	57.4 / 57.64	64.4/ 64.64	66.4/ 66.64
<b>LONG JUMP</b>	21'08.5"	20' 11.5"	17' 02.5"	16' 07.5"
<b>TRIPLE JUMP</b>	45' 06.5"	42' 10.5"	36' 10.5"	35' 01"
<b>SHOT PUT</b>	51' 05.5"	48' 11.25"	38' 10"	34' 09"
<b>DISCUS</b>	151' 03"	145' 00"	119 03"	107' 01"
<b>HIGH JUMP</b>	6' 02"	5' 11"	5' 02"	5' 00"
<b>POLE VAULT</b>	13' 06"	12' 09"	10' 06"	9' 06"
<b>PENTATHLON</b>	3090 PTS.	2870 PTS.	2850 PTS.	2590 PTS.
<b>400M RELAY</b>	42.9 / 43.14	44.2 / 44.44	48.9 / 49.14	50.6/ 50.84
<b>1600M RELAY</b>	3:23.1/ 3:23.34	3:28.5 / 3:28.74	3:58.3/ 3:58.54	4:07.5/ 4:07.74
<b>3200M RELAY</b>	7:58.4/ 7:58.64	8:14.4 / 8:14.64	9:18.0 / 9:18.24	9:50.7 / 9:50.94

(FIRST TIME LISTED IN EACH COLUMN IS HAND TIMED, SECOND TIME LISTED IS FULLY AUTOMATIC TIMING. STANDARD HYTEK CONVERSION OF .24 WAS USED FOR ALL RUNNING EVENTS.)

THESE STANDARDS REPRESENT THE AVERAGE OF 6<sup>TH</sup> PLACE IN THE FINALS FROM 2005 THROUGH 2009.

REVISED 9/11/09