

Qualifying Times and Distances for STATE 2009
Track and Field



Event	Boys	Girls
Individual Events		
Shot Put	33 Feet, 0 Inches	24 Feet, 0 Inches
Discus	86 Feet, 0 Inches	62 Feet, 0 Inches
High Jump	5 Feet, 0 Inches	4 Feet, 4 Inches
Long Jump	15 Feet, 0 Inches	13 Feet, 0 Inches
Triple Jump	29 Feet, 0 Inches	25 Feet, 6 Inches
100 Meter Dash		
100 Meter Dash	13.2 Seconds	14.5 Seconds
200 Meter Dash		
200 Meter Dash	28.0 Seconds	31.0 Seconds
400 Meter Dash		
400 Meter Dash	66.0 Seconds	71.0 Seconds
800 Meter Run		
800 Meter Run	2 Min., 37 Seconds	2 Min., 55 Seconds
1600 Meter Run		
1600 Meter Run	5 Min., 50 Seconds	6 Min., 40 Seconds
110 Meter Hurdles (10-30")		
110 Meter Hurdles (10-30")	21.0 Seconds	Not Applicable
100 Meter Hurdles (10-30")		
100 Meter Hurdles (10-30")	Not Applicable	20.5 Seconds
Team Events		
4 x 100 Meter Relay		
4 x 100 Meter Relay	58.0 Seconds	61.0 Seconds
4 x 200 Meter Relay		
4 x 200 Meter Relay	2 Min., 2 Seconds	2 Min., 10 Seconds
4 x 400 Meter Relay		
4 x 400 Meter Relay	4 Min., 50 Seconds	5 Min., 10 Seconds
4 x 800 Meter Relay		
4 x 800 Meter Relay	11 Min., 20 Seconds	13 Min., 20 Seconds

High Jump Note: The starting competition heights will be 4' 8" for boys and 4' 0" for girls.