

Qualifying Times and Distances for STATE 2010
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	13.2 Seconds	14.5 Seconds
200 Meter Dash	28.0 Seconds	31.0 Seconds
400 Meter Dash	66.0 Seconds	71.0 Seconds
800 Meter Run	2 Min., 37 Seconds	2 Min., 55 Seconds
1600 Meter Run	5 Min., 50 Seconds	6 Min., 40 Seconds
110 Meter Hurdles (10-30")	21.0 Seconds	Not Applicable
100 Meter Hurdles (10-30")	Not Applicable	20.5 Seconds
Team Events		
4 x 100 Meter Relay	58.0 Seconds	61.0 Seconds
4 x 200 Meter Relay	2 Min., 2 Seconds	2 Min., 10 Seconds
4 x 400 Meter Relay	4 Min., 50 Seconds	5 Min., 10 Seconds
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.