

**N. C. TRACK & CROSS COUNTRY
COACHES ASSOCIATION
FOUNDED 2002**

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**4A “Winter” Track Qualifying Standards
for State Meet 2011**

	Men Indoor Standard	Men Outdoor Standard	Ladies Indoor Standard	Ladies Outdoor Standard
Shot Put	45' 0"	45' 0"	31' 0"	31' 0"
Long Jump	21' 0"	21' 0"	16' 0"	16' 0"
Triple Jump	42' 6"	42' 6"	33' 6"	33' 6"
High Jump	6' 0"	6' 0"	5' 0"	5' 0"
Pole Vault	11' 6"	11' 6"	9' 0"	9' 0"
4 x 800 Relay	8:45.0	8:45.0	10:40.0	10:40.0
55M Hurdles	8.04	7.8	9.44	9.2
55M Dash	6.54	6.3	7.44	7.2
1600M Run	4:40.0	4:40.0	5:44.0	5:44.0
500M Run	1:09.0	1:09.0	1:22.0	1:22.0
1000M Run	2:43.0	2:43.0	3:17.0	3:17.0
300M Dash	35.9	35.9	42.5	42.5
3200M Run	10:15.0	10:15.0	12:15.0	12:15.0
4 x 400 Relay	3:37.0	3:37.0	4:18.0	4:18.0

Approved by the NCTCCCA Board of Directors
July 19, 2010