

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

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4A Indoor Track Qualifying Requirements for State Meet

	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' 6"	16' 6"
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	8:50.00	8:48.0	10:55.00	10:50.0
55M Hurdles	8.04	7.8	9.44	9.2
55M Dash	6.54	6.3	7.44	7.2
1600M Run	4:40.00	4:38.0	5:50.00	5:45.0
500M Run	1:09.50	1:08.0	1:26.20	1:25.0
1000M Run	2:43.00	2:40.5	3:22.30	3:21.0
300M Dash	37.00	35.3	44.00	43.1
3200M Run	10:20.00	10:18.0	12:35.00	12:00.0
4 x 400 Relay	3:39.00	3:37.0	4:22.00	4:20.0

Approved October 15, 2008
by the NCTCCCA Board of Directors