

# PIAA DISTRICT IV TRACK AND FIELD CHAMPIONSHIPS

## 2010 QUALIFYING STANDARDS

	AA GIRLS		AAA GIRLS		AA BOYS		AAA BOYS	
	SQ	DQ	SQ	DQ	SQ	DQ	SQ	DQ
Note correction to 300m hurdles								
<b>RUNNING EVENTS</b>								
4X800 (3200m) relay	09:50.40	10:41.74	09:35.48	10:50.24	08:15.55	08:50.24	08:02.04	09:30.24
100m hurdles	:16.01	:17.44	:15.65	:19.24				
110m hurdles					:15.35	:17.44	:15.10	:17.64
100m	:12.80	:13.44	:12.67	:14.24	:11.20	:11.94	:11.10	:12.54
1600m	05:18.30	05:48.24	05:13.37	06:10.24	04:31.13	04:53.04	04:24.22	05:07.24
400m	:59.95	01:05.24	:59.56	01:09.54	:50.70	:55.34	:50.09	:58.04
4x100 (400m) relay	:51.30	:53.74	:49.96	:54.74	:44.31	:46.94	:43.53	:47.24
300m hurdles	:47.64	:51.24	:46.60	:55.34	:40.80	:44.14	:39.80	:45.54
800m	02:20.60	02:33.74	02:18.47	02:43.24	01:59.70	02:11.24	01:57.32	02:16.24
200m	:26.30	:27.74	:25.91	:29.64	:22.88	:24.54	:22.50	:25.34
3200m	11:35.00	12:48.94	11:13.30	13:12.74	09:48.01	10:48.74	09:31.71	11:10.24
4x400 (1600m) relay	04:09.95	04:27.84	04:02.50	04:33.24	03:29.87	03:40.74	03:24.03	03:42.24
<b>FIELD EVENTS</b>								
High Jump	5-02	4-08	5-03	4-06	6-04	5-08	6-05	5-02
Pole Vault	10-03	8-06	11-00	7-06	13-06	10-06	14-03	9-06
Long Jump	16-11	14-10	17-03	13-06	21-06	18-08	21-10	17-00
Triple Jump	35-06	31-00	36-06	29-10	44-00	38-06	44-06	35-07
Shot Put	37-00	29-02	38-06	27-00	50-03	41-05	53-00	39-00
Discus Throw	115-00	91-00	118-00	80-00	148-00	120-00	153-00	105-00
Javelin Throw	121-00	95-06	121-00	84-00	176-00	140-00	178-00	142-00
<b>Projected starting heights</b>								
High Jump		4-06		4-05		5-06		5-01
Pole Vault		8-03		7-00		10-00		9-03