

2011 PIAA DISTRICT IV TRACK AND FIELD CHAMPIONSHIPS

MEET QUALIFYING STANDARDS

	AA GIRLS		AAA GIRLS		AA BOYS		AAA BOYS	
	SQ	DQ	SQ	DQ	SQ	DQ	SQ	DQ
RUNNING EVENTS								
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	:17.64	:15.65	:19.74				
110m hurdles					:15.35	:17.34	:15.10	:17.74
100m	:12.70	:13.44	:12.67	:14.24	:11.20	:11.84	:11.10	:12.54
1600m	05:18.30	05:48.24	05:13.37	06:11.24	04:31.13	04:53.04	04:24.22	05:07.24
400m	:59.95	01:05.24	:58.80	01:07.54	:50.70	:55.14	:50.09	:58.04
4x100 (400m) relay	:50.80	:53.74	:49.96	:54.74	:44.31	:46.94	:43.40	:47.24
300m hurdles	:47.64	:51.64	:46.60	:55.34	:40.80	:44.54	:39.80	:45.84
800m	02:20.60	02:33.74	02:18.47	02:43.24	01:59.70	2:10.94	01:57.32	02:16.24
200m	:26.30	:27.74	:25.91	:29.74	:22.88	:24.54	:22.50	:25.24
3200m	11:35.00	12:48.94	11:13.30	13:12.74	09:48.01	10:48.74	09:31.71	11:05.24
4x400 (1600m) relay	4:08.75	04:27.84	04:02.50	04:33.24	3:29.60	03:40.74	03:24.03	03:42.24
FIELD EVENTS								
High Jump	5-02	4-08	5-03	4-06	6-04	5-08	6-05	5-04
Pole Vault	10-06	8-06	11-00	7-06	13-06	10-09	14-03	9-06
Long Jump	16-11	15-04	17-03	13-06	21-06	18-08	21-10	16-10
Triple Jump	35-06	31-07	36-06	29-10	44-00	38-08	44-06	36-4
Shot Put	36-00	29-06	37-06	27-02	50-03	41-02	52-00	39-00
Discus Throw	113-00	91-00	118-00	83-00	148-00	118-00	153-00	108-00
Javelin Throw	121-00	95-06	122-00	84-00	176-00	142-00	178-00	142-00
Projected starting heights								
High Jump	4-06		4-05		5-06		5-01	
Pole Vault	8-00		7-00		10-06		9-03	