

AT-LARGE QUALIFIERS

Any student-athlete who participates in NCS/Les Schwab Tires Class A or Area Championship meet and does not qualify by place to the NCS/Les Schwab Tires MOC Championships but meets or exceeds the standards below will automatically qualify for the NCS/Les Schwab Tires MOC Championships.

At-large Standards for 2010

<u>Boys</u>		<u>Girls</u>	
4 x 100-meter Relay	43.21	4 x 100-meter Relay	49.93
1600-meter run	4:25.06	1600-meter run	5:09.16
110-meter H.H.	15.23	100-meter H.H.	15.42
400-meter dash	50.97	400-meter dash	59.35
100-meter dash	11.31	100-meter dash	12.62
800-meter run	1:59.98	800-meter run	2:18.49
300-meter I.H.	40.33	300-meter I.H.	46.80
200-meter dash	22.73	200-meter dash	26.03
3200-meter run	9:32.52	3200-meter run	11:38.43
4 x 400-meter Relay	3:27.95	4 x 400-meter Relay	4:06.13
Long Jump	21'05.75"	Long Jump	17'03.00"
Triple Jump	43'05.25"	Triple Jump	35'10.75"
High Jump	6'01"	High Jump	5'01"
Shot Put	48'02.00"	Shot Put	35'04.25"
Discus	147'03"	Discus	110'00"
Pole Vault	13'00"	Pole Vault	10'03"

