

CLASS A At-large Standards for 2010

ENTRIES

AT-LARGE QUALIFIERS

Any student-athlete who participates in the league championship meet and does not qualify by place but meets or exceeds the standards below will automatically qualify for the next level of competition, the CLASS A Area Championships.

Class A At-Large Standards

Boys'

4 x 100-meter Relay	46.87
1600-meter run	4:43.04
110-meter H.H.	17.90
400-meter dash	54.29
100-meter dash	12.02
800-meter run	2:07.48
300-meter I.H.	46.09
200-meter dash	24.41
3200-meter run	10:35.08
4 x 400-meter Relay	3:47.50
Long Jump	18'10.00"
Triple Jump	36'10.00"
High Jump	5'05"
Shot Put	38'10.00"
Discus	112'05"
Pole Vault	8'04.0"

Girls

4 x 100-meter Relay	56.08
1600-meter run	5:50.41
100-meter H.H.	18.15
400-meter dash	1:04.71
100-meter dash	13.45
800-meter run	2:43.09
300-meter I.H.	53.38
200-meter dash	28.63
3200-meter run	13:24.06
4 x 400-meter Relay	4:46.14
Long Jump	14'05.00"
Triple Jump	30'01.00"
High Jump	4'04"
Shot Put	28'04.00"
Discus	85'01"
Pole Vault	6'06.0