

State Qualifying Times

These times are the ABSOLUTE Qualifications for the 2009 State Meet at Penn State on February 21st

The times and distances listed are ABSOLUTE QUALIFICATIONS for the state meet – remember if you submitted a hand time .24 was added to it so all times were “F.A.T.” - notice the two standards – one for flat track and one for banked or oversized tracks. These may be met anytime during the season as long as they are verifiable. You are automatically in the meet as long as you ENTER THE MEET by the deadline if you have met these standards.

*** special note on the DMR – only 10 teams will be taken – you may enter both the DMR and the 3200 relay BUT you only compete in ONE – if you enter both, you MUST give your preference.

BOYS STATES QUALIFYING TIMES

Event	Times and Distances (Flat/Banked)
60 Meters	6.65(55 meters)/7.15(60 meters)
60 Hurdles	7.95(55 meters)/8.65(60 meters)
200 Meters	23.26 / 22.96
400 Meters	52.20 / 51.80
800 Meters	2:01.73 / 2:01.23
Mile	4:33.83 / 4:33.23
3000 Meters	9:03.63 / 9:02.83
Shot Put	51' 1"
Pole Vault	13' 9"
High Jump	6' 3"
Long Jump	21' 9"
Triple Jump	43' 3"
4x200 Relay	1:34.77 / 1:33.57
4x400 Relay	3:32.83 / 3:31.23
4x800 Relay	8:21.66 / 8:19.66
**DMR	10:57.70/10:54.70



2008 ABSOLUTE Qualifications for the State Meet at Penn State on March 1st

The times and distances listed are ABSOLUTE QUALIFICATIONS for the state meet – remember if you submitted a hand time .24 was added to it so all times were “F.A.T.” - notice the two standards – one for flat track and one for banked or oversized tracks. These may be met anytime during the season as long as they are verifiable. You are automatically in the meet as long as you ENTER THE MEET by the deadline if you have met these standards.

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BOYS STATE QUALIFYING TIMES:

Event	(flat/banked)
60 meters	6.65(55) / 7.15(60)
60 hurdles	8.03(55) / 8.73(60)
200 meters	23.33 / 23.03
400 meters	52.20 / 51.80
800 meters	2:02.73 / 2:02.23
Mile	4:34.28 / 4:33.68
3000 meters	9:05.78 / 9:04.98
Shot Put	51' 1"
Pole Vault	13' 6"
High Jump	6' 2"
Long Jump	21' 5"
Triple Jump	43' 1"
4 X 200	1:34.93 / 1:33.73
4 X 400	3:33.83 / 3:32.23
4 X 800	8:21.66 / 8:19.66
Distance Medley***	10:57.70/10:54.70