

# State Qualifying Times

These times are the **ABSOLUTE** Qualifications for the 2010 State Meet at Penn State on March 6th

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.

## GIRLS STATE QUALIFYING TIMES:

Event	Times and Distance (Flat/Banked)
60 Meters	7.43 (55 meters)/8.03 (60 meters)
60 Hurdles	8.95 (55 meters)/9.65(60 meters)
200 Meters	26.83 / 26.53
400 Meters	60.93 / 60.53
800 Meters	2:24.83 / 2:24.33
Mile	5:23.83 / 5:23.23
3000 Meters	10:48.13 / 10:47.33
Shot Put	37' 3"
Pole Vault	10' 9"
High Jump	5' 2"
Long Jump	17' 0"
Triple Jump	34' 9"
4x200 Relay	1:50.23 / 1:49.03
4x400 Relay	4:09.83 / 4:08.23
4x800 Relay	9:58.38 / 9:56.38
**DMR	12:58.53/12:55.53

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## 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.

\*\* 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.

### GIRLS STATE QUALIFYING TIMES:

Event	Women (flat/banked)
60 meters	7.53(55) / 8.13(60)
60 hurdles	9.03 (55) / 9.73(60)
200 meters	26.83 / 26.53
400 meters	60.93 / 60.53
800 meters	2:24.83 / 2:24.33
Mile	5:23.83 / 5:23.23
3000 meters	10:48.13 / 10:47.33
Shot Put	37' 3"
Pole Vault	10' 9"
High Jump	5' 2"
Long Jump	17' 0"
Triple Jump	34' 9"
4 X 200	1:50.23 / 1:49.03
4 X 400	4:12.93 / 4:11.33
4 X 800	9:58.38 / 9:56.38
Distance Medley **	12:58.53 / 12:55.53