

2008 KHSAA Track and Field Automatic Qualifying Standards (Region Meet Finals Qualification Only, Fully Automatic Timing Only)

BOYS	1A-FAT	1A-HAFT	2A-FAT	2A-HAFT	3A-FAT	3A-HAFT
110 Meter High Hurdles	16.06	15.9	16.04	15.8	15.67	15.5
100 Meter Dash	11.42	11.2	11.42	11.2	11.26	11.1
4 x 200 Meter Relay	1:34.63	1:34.4	1:34.12	1:33.9	1:32.09	1:31.9
1600 Meter Run	4:41.50	4:41.3	4:33.22	4:33.0	4:28.79	4:28.6
4 x 100 Meter Relay	45.53	45.3	45.12	44.9	44.04	43.8
400 Meter Dash	52.77	52.6	51.71	51.5	51.09	50.9
300 Meter Low Hurdles	42.54	42.3	42.01	41.8	41.02	40.8
3200 Meter Run	10:29.86	10:29.7	10:15.52	10:15.3	9:48.13	9:47.9
800 Meter Run	2:04.58	2:04.4	2:02.31	2:02.1	1:59.80	1:59.6
200 Meter Dash	23.26	23.1	22.99	22.8	22.91	22.7
4 x 400 Meter Relay	3:34.69	3:34.5	3:35.05	3:34.9	3:28.23	3:28.0
4 x 800 Meter Relay	8:43.10	8:42.9	8:26.56	8:26.4	8:17.17	8:17.0
Shot Put	45'11"		45'6"		48'6"	
Discus	137'3"		137'3"		145'8"	
Pole Vault	10'6"		11'6"		12'6"	
Triple Jump	42'2"		41'8"		43'2"	
Long Jump	20'4"		20'2"		21'2"	
High Jump.	5'10"		6'0"		6'0"	

GIRLS	1A-FAT	1A-HAFT	2A-FAT	2A-HAFT	3A-FAT	3A-HAFT
100 Meter High Hurdles	16.99	16.8	16.94	16.7	16.30	16.1
100 Meter Dash	13.05	12.9	13.08	12.9	12.85	12.7
4 x 200 Meter Relay	1:50.19	1:50.0	1:51.01	1:50.8	1:47.29	1:47.1
1600 Meter Run	5:34.09	5:33.9	5:31.97	5:31.8	5:20.39	5:20.2
4 x 100 Meter Relay	52.75	52.6	52.53	52.3	51.21	51.0
400 Meter Dash	61.70	61.5	61.89	61.7	59.82	59.6
300 Meter Low Hurdles	48.65	48.5	49.32	49.1	48.13	47.9
3200 Meter Run	12:33.03	12:32.8	12:20.06	12:19.9	11:55.01	11:54.8
800 Meter Run	2:28.09	2:27.9	2:28.09	2:27.9	2:21.97	2:21.8
200 Meter Dash	26.78	26.6	27.08	26.9	26.39	26.2
4 x 400 Meter Relay	4:18.21	4:18.0	4:17.41	4:17.2	4:09.80	4:09.6
4 x 800 Meter Relay	10:31.01	10:30.8	10:26.21	10:26.0	9:59.17	9:59.0
Shot Put	31'3"		34'3"		34'10"	
Discus	94'0"		101'1"		106'7"	
Pole Vault	7'6"		8'0"		9'0"	
Triple Jump	33'2"		33'8"		34'2"	
Long Jump	16'0"		16'0"		16'2"	
High Jump.	4'10"		5'0"		5'0"	

* Standards are determined by the average fifth place time the last five years of State Meets.

* All FAT time standards represent the true five year average.

* HAFT Standards are derived by taking the five-year average electronic (FAT) time, reducing it by .24 and then rounding to the next tenth in compliance with Track Rule 3-9.

* High Jump qualifying marks are rounded up to the nearest 2" mark above the five-year average

* Pole Vault qualifying marks are rounded up to the nearest 6" mark above the five-year average

* Pole Vault starting height at state meet will be 2' below Class Automatic Qualifying Standard for Boys

* Pole Vault starting height at state meet will be 2' below Class Automatic Qualifying Standard for Girls

* High Jump starting height at state meet will be 4" below Class Automatic Qualifying Standard for Boys

* High Jump starting height at state meet will be 4" below Class Automatic Qualifying Standard for Girls

* Games Committee reserves right per NFHS rules to adjust starting height due to unforeseen conditions

Calculations to Determine Standards

BOYS	1A-AVG	1A-FAT	1A-FAT	1A-HAFT	1A-FAT	1A-HAFT	2A-AVG	2A-FAT	2A-FAT	2A-HAFT	2A-FAT	2A-HAFT	3A-AVG	3A-FAT	3A-FAT	3A-HAFT	3A-FAT	3A-HAFT
110 Meter High Hurdles	16.06	16.06	16.06	15.82	16.06	15.9	16.04	16.04	16.04	15.80	16.04	15.8	15.67	15.67	15.67	15.43	15.67	15.5
100 Meter Dash	11.42	11.42	11.42	11.18	11.42	11.2	11.42	11.42	11.18	11.42	11.2	11.2	11.26	11.26	11.26	11.02	11.26	11.1
4 x 200 Meter Relay	94.63	94.63	94.63	94.39	1:34.63	1:34.4	94.12	94.12	94.12	93.88	1:34.12	1:33.9	92.09	92.09	92.09	91.85	1:32.09	1:31.9
1600 Meter Run	281.50	281.50	281.50	281.26	4:41.50	4:41.3	273.22	273.22	273.22	272.98	4:33.22	4:33.0	268.79	268.79	268.79	268.55	4:28.79	4:28.6
4 x 100 Meter Relay	45.53	45.53	45.53	45.29	45.53	45.3	45.12	45.12	45.12	44.88	45.12	44.9	44.04	44.04	44.04	43.80	44.04	43.8
400 Meter Dash	52.77	52.77	52.77	52.53	52.77	52.6	51.71	51.71	51.71	51.47	51.71	51.5	51.09	51.09	51.09	50.85	51.09	50.9
300 Meter Low Hurdles	42.54	42.54	42.54	42.30	42.54	42.3	42.01	42.01	42.01	41.77	42.01	41.8	41.02	41.02	41.02	40.78	41.02	40.8
3200 Meter Run	629.86	629.86	629.86	629.62	10:29.86	10:29.7	615.52	615.52	615.52	615.28	10:15.52	10:15.3	588.13	588.13	588.13	587.89	9:48.13	9:47.9
800 Meter Run	124.58	124.58	124.58	124.34	2:04.58	2:04.4	122.31	122.31	122.31	122.07	2:02.31	2:02.1	119.80	119.80	119.80	119.56	1:59.80	1:59.6
200 Meter Dash	23.26	23.26	23.26	23.02	23.26	23.1	22.99	22.99	22.99	22.75	22.99	22.8	22.91	22.91	22.91	22.67	22.91	22.7
4 x 400 Meter Relay	214.69	214.69	214.69	214.45	3:34.69	3:34.5	215.05	215.05	215.05	214.81	3:35.05	3:34.9	208.23	208.23	208.23	207.99	3:28.23	3:28.0
4 x 800 Meter Relay	523.10	523.10	523.10	522.86	8:43.10	8:42.9	506.56	506.56	506.56	506.32	8:26.56	8:26.4	497.17	497.17	497.17	496.93	8:17.17	8:17.0
Shot Put	551.65	551.00	551.00		45'11		546.85	546.00	546.00		45'6		582.90	582.00	582.00		48'6	
Discus	1647.40	1647.00	1647.00		137'3		1647.80	1647.00	1647.00		137'3		1748.60	1748.00	1748.00		145'8	
Pole Vault	126.00	126.00	126.00		10'6		136.80	136.00	138.00		11'6		150.00	150.00	150.00		12'6	
Triple Jump	506.85	506.00	506.00		42'2		500.55	500.00	500.00		41'8		517.30	517.00	518.00		43'2	
Long Jump	243.90	243.00	244.00		20'4		242.80	242.00	242.00		20'2		253.45	253.00	254.00		21'2	
High Jump.	70.80	70.00	70.00		5'10		71.60	71.00	72.00		6'0		71.60	71.00	72.00		6'0	

GIRLS																			
100 Meter High Hurdles	16.99	16.99	16.99	16.75	16.99	16.8	16.94	16.94	16.94	16.70	16.94	16.7	16.30	16.30	16.30	16.06	16.30	16.1	
100 Meter Dash	13.05	13.05	13.05	12.81	13.05	12.9	13.08	13.08	13.08	12.84	13.08	12.9	12.85	12.85	12.85	12.61	12.85	12.7	
4 x 200 Meter Relay	110.19	110.19	110.19	109.95	1:50.19	1:50.0	111.01	111.01	111.01	110.77	1:51.01	1:50.8	107.29	107.29	107.29	107.05	1:47.29	1:47.1	
1600 Meter Run	334.09	334.09	334.09	333.85	5:34.09	5:33.9	331.97	331.97	331.97	331.73	5:31.97	5:31.8	320.39	320.39	320.39	320.15	5:20.39	5:20.2	
4 x 100 Meter Relay	52.75	52.75	52.75	52.51	52.75	52.6	52.53	52.53	52.53	52.29	52.53	52.3	51.21	51.21	51.21	50.97	51.21	51.0	
400 Meter Dash	61.70	61.70	61.70	61.46	61.70	61.5	61.89	61.89	61.89	61.65	61.89	61.7	59.82	59.82	59.82	59.58	59.82	59.6	
300 Meter Low Hurdles	48.65	48.65	48.65	48.41	48.65	48.5	49.32	49.32	49.32	49.08	49.32	49.1	48.13	48.13	48.13	47.89	48.13	47.9	
3200 Meter Run	753.03	753.03	753.03	752.79	12:33.03	12:32.8	740.06	740.06	740.06	739.82	12:20.06	12:19.9	715.01	715.01	715.01	714.77	11:55.01	11:54.8	
800 Meter Run	148.09	148.09	148.09	147.85	2:28.09	2:27.9	148.09	148.09	148.09	147.85	2:28.09	2:27.9	141.97	141.97	141.97	141.73	2:21.97	2:21.8	
200 Meter Dash	26.78	26.78	26.78	26.54	26.78	26.6	27.08	27.08	27.08	26.84	27.08	26.9	26.39	26.39	26.39	26.15	26.39	26.2	
4 x 400 Meter Relay	258.21	258.21	258.21	257.97	4:18.21	4:18.0	257.41	257.41	257.41	257.17	4:17.41	4:17.2	249.80	249.80	249.80	249.56	4:09.80	4:09.6	
4 x 800 Meter Relay	631.01	631.01	631.01	630.77	10:31.01	10:30.8	626.21	626.21	626.21	625.97	10:26.21	10:26.0	599.17	599.17	599.17	598.93	9:59.17	9:59.0	
Shot Put	375.85	375.00	375.00		31'3		411.50	411.00	411.00		34'3		418.45	418.00	418.00		34'10		
Discus	1128.00	1128.00	1128.00		94'0		1213.20	1213.00	1213.00		101'1		1279.40	1279.00	1279.00		106'7		
Pole Vault	88.80	88.00	90.00		7'6		96.00	96.00	96.00		8'0		105.60	105.00	108.00		9'0		
Triple Jump	397.75	397.00	398.00		33'2		404.80	404.00	404.00		33'8		410.40	410.00	410.00		34'2		
Long Jump	192.80	192.00	192.00		16'0		191.20	191.00	192.00		16'0		194.75	194.00	194.00		16'2		
High Jump.	58.40	58.00	58.00		4'10		59.20	59.00	60.00		5'0		59.60	59.00	60.00		5'0		

BOYS	1A	1A	1A	1A	1A	
	2007	2006	2005	2004	2003	
110 Meter High Hurdles	16.030	16.120	16.160	16.300	15.680	16.06
100 Meter Dash	11.520	11.420	11.430	11.520	11.210	11.42
4 x 200 Meter Relay	95.260	94.680	93.880	94.260	95.080	94.63
1600 Meter Run	276.070	287.340	280.230	282.940	280.920	281.50
4 x 100 Meter Relay	45.660	45.690	45.430	45.650	45.210	45.53
400 Meter Dash	52.480	53.070	52.210	52.300	53.800	52.77
300 Meter Low Hurdles	42.330	42.430	43.290	42.310	42.360	42.54
3200 Meter Run	621.520	636.800	636.540	636.740	617.700	629.86
800 Meter Run	122.980	124.770	124.530	126.470	124.170	124.58
200 Meter Dash	23.530	22.830	23.570	23.270	23.090	23.26
4 x 400 Meter Relay	217.430	214.810	212.060	213.050	216.090	214.69
4 x 800 Meter Relay	524.500	529.420	520.720	524.210	516.670	523.10
Shot Put	543.000	562.250	569.000	528.250	555.750	551.65
Discus	1632.000	1596.000	1741.000	1560.000	1708.000	1647.40
Pole Vault	132.000	120.000	120.000	120.000	138.000	126.00
Triple Jump	508.750	514.750	521.750	497.250	491.750	506.85
Long Jump	247.500	243.000	244.000	239.000	246.000	243.90
High Jump.	72.000	70.000	72.000	68.000	72.000	70.80

GIRLS	1A	1A	1A	1A	1A	
	2007	2006	2005	2004	2003	
100 Meter High Hurdles	17.050	17.080	17.610	17.050	16.180	16.99
100 Meter Dash	12.890	13.340	13.210	12.990	12.820	13.05
4 x 200 Meter Relay	106.680	109.920	111.050	111.570	111.740	110.19
1600 Meter Run	329.280	336.390	342.180	333.530	329.050	334.09
4 x 100 Meter Relay	51.830	52.840	52.880	52.780	53.410	52.75
400 Meter Dash	61.740	61.350	61.650	61.830	61.950	61.70
300 Meter Low Hurdles	47.510	49.730	49.640	49.450	46.910	48.65
3200 Meter Run	736.380	738.240	783.640	768.950	737.920	753.03
800 Meter Run	146.960	147.840	149.830	148.040	147.770	148.09
200 Meter Dash	26.780	26.660	27.130	26.620	26.700	26.78
4 x 400 Meter Relay	256.570	259.650	259.970	255.940	258.910	258.21
4 x 800 Meter Relay	614.560	628.860	632.460	641.650	637.510	631.01
Shot Put	373.000	398.750	368.250	380.750	358.500	375.85
Discus	1057.000	1201.000	1126.000	1085.000	1171.000	1128.00
Pole Vault	90.000	96.000	84.000	84.000	90.000	88.80
Triple Jump	402.500	397.750	408.000	388.250	392.250	397.75
Long Jump	195.000	190.500	190.000	189.500	199.000	192.80
High Jump.	58.000	58.000	58.000	58.000	60.000	58.40

BOYS	2A	2A	2A	2A	2A	AVG
	2007	2006	2005	2004	2003	
110 Meter High Hurdles	15.810	16.250	16.100	15.940	16.080	16.04
100 Meter Dash	11.320	11.750	11.330	11.470	11.240	11.42
4 x 200 Meter Relay	94.270	95.340	93.510	93.130	94.340	94.12
1600 Meter Run	272.230	273.810	275.860	268.100	276.110	273.22
4 x 100 Meter Relay	44.880	45.060	44.500	45.340	45.840	45.12
400 Meter Dash	51.370	51.770	51.340	51.660	52.420	51.71
300 Meter Low Hurdles	42.660	41.850	42.660	41.220	41.680	42.01
3200 Meter Run	614.050	627.140	616.490	610.470	609.430	615.52
800 Meter Run	123.910	123.780	120.350	120.240	123.260	122.31
200 Meter Dash	22.670	23.080	23.300	23.070	22.810	22.99
4 x 400 Meter Relay	216.430	218.150	213.230	212.330	215.090	215.05
4 x 800 Meter Relay	511.210	510.940	512.890	498.960	498.820	506.56
Shot Put	558.500	532.500	556.750	533.750	552.750	546.85
Discus	1521.000	1523.000	1812.000	1697.000	1686.000	1647.80
Pole Vault	132.000	138.000	138.000	138.000	138.000	136.80
Triple Jump	512.000	501.000	510.250	493.000	486.500	500.55
Long Jump	247.750	243.500	243.750	236.750	242.250	242.80
High Jump.	72.000	72.000	70.000	72.000	72.000	71.60

GIRLS	2A	2A	2A	2A	2A	AVG
	2007	2006	2005	2004	2003	
100 Meter High Hurdles	16.640	17.350	17.120	16.960	16.610	16.94
100 Meter Dash	13.100	13.140	13.050	13.050	13.070	13.08
4 x 200 Meter Relay	110.380	111.100	110.120	111.260	112.210	111.01
1600 Meter Run	330.310	341.380	330.450	322.660	335.040	331.97
4 x 100 Meter Relay	52.600	52.740	52.390	52.170	52.740	52.53
400 Meter Dash	61.300	61.370	61.800	61.980	63.000	61.89
300 Meter Low Hurdles	49.020	50.180	49.140	48.450	49.800	49.32
3200 Meter Run	738.890	744.450	744.310	731.490	741.160	740.06
800 Meter Run	148.180	148.710	147.370	146.030	150.140	148.09
200 Meter Dash	26.380	27.860	26.950	26.980	27.210	27.08
4 x 400 Meter Relay	254.520	259.330	258.860	252.870	261.450	257.41
4 x 800 Meter Relay	627.950	624.360	636.970	615.170	626.580	626.21
Shot Put	380.500	410.500	391.500	443.500	431.500	411.50
Discus	1180.000	1230.000	1244.000	1216.000	1196.000	1213.20
Pole Vault	96.000	96.000	90.000	96.000	102.000	96.00
Triple Jump	401.750	402.500	402.250	414.000	403.500	404.80
Long Jump	192.250	186.000	194.750	189.000	194.000	191.20
High Jump.	58.000	58.000	58.000	60.000	62.000	59.20

BOYS	3A	3A	3A	3A	3A	AVG
	2007	2006	2005	2004	2003	
110 Meter High Hurdles	15.710	16.000	15.610	15.430	15.590	15.67
100 Meter Dash	11.250	11.390	11.140	11.260	11.280	11.26
4 x 200 Meter Relay	92.540	90.980	91.120	93.460	92.330	92.09
1600 Meter Run	270.780	272.270	265.230	265.890	269.770	268.79
4 x 100 Meter Relay	43.780	43.720	43.990	44.210	44.510	44.04
400 Meter Dash	50.940	51.110	51.380	50.540	51.500	51.09
300 Meter Low Hurdles	41.230	41.850	40.670	40.930	40.420	41.02
3200 Meter Run	585.380	588.700	599.420	589.360	577.790	588.13
800 Meter Run	118.580	120.610	119.630	119.320	120.860	119.80
200 Meter Dash	23.040	22.880	22.780	22.860	23.010	22.91
4 x 400 Meter Relay	206.800	208.570	208.780	207.570	209.430	208.23
4 x 800 Meter Relay	498.810	500.010	495.440	491.910	499.670	497.17
Shot Put	570.750	564.250	607.250	593.250	579.000	582.90
Discus	1664.000	1709.000	1865.000	1798.000	1707.000	1748.60
Pole Vault	150.000	150.000	144.000	150.000	156.000	150.00
Triple Jump	528.500	510.750	507.250	519.500	520.500	517.30
Long Jump	256.750	250.500	257.000	250.000	253.000	253.45
High Jump.	72.000	70.000	72.000	72.000	72.000	71.60

GIRLS	3A	3A	3A	3A	3A	AVG
	2007	2006	2005	2004	2003	
100 Meter High Hurdles	16.080	16.650	16.320	16.370	16.080	16.30
100 Meter Dash	12.740	12.990	12.840	12.920	12.770	12.85
4 x 200 Meter Relay	107.330	107.000	107.160	107.820	107.160	107.29
1600 Meter Run	327.030	319.080	318.500	318.510	318.820	320.39
4 x 100 Meter Relay	50.740	51.370	51.320	51.180	51.460	51.21
400 Meter Dash	60.000	60.180	60.820	59.100	59.010	59.82
300 Meter Low Hurdles	47.080	48.680	48.380	48.290	48.210	48.13
3200 Meter Run	715.310	709.100	732.480	716.630	701.550	715.01
800 Meter Run	142.500	143.330	141.040	140.170	142.800	141.97
200 Meter Dash	26.360	26.540	26.210	26.500	26.360	26.39
4 x 400 Meter Relay	249.590	249.630	250.920	249.180	249.680	249.80
4 x 800 Meter Relay	602.840	592.140	593.500	600.490	606.890	599.17
Shot Put	424.500	410.000	426.750	401.250	429.750	418.45
Discus	1181.000	1231.000	1352.000	1321.000	1312.000	1279.40
Pole Vault	102.000	108.000	102.000	108.000	108.000	105.60
Triple Jump	414.000	414.500	417.000	399.500	407.000	410.40
Long Jump	191.750	198.500	198.250	193.000	192.250	194.75
High Jump.	60.000	60.000	60.000	60.000	58.000	59.60