

## **2009 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	16.23	16.0	16.09	15.9	15.79	15.6
100 Meter Dash	11.56	11.4	11.49	11.3	11.26	11.1
4 x 200 Meter Relay	1:34.67	1:34.5	1:34.33	1:34.1	1:31.62	1:31.4
1600 Meter Run	4:40.18	4:40.0	4:32.83	4:32.6	4:27.85	4:27.7
4 x 100 Meter Relay	45.40	45.2	44.94	44.7	43.87	43.7
400 Meter Dash	52.39	52.2	51.60	51.4	50.79	50.6
300 Meter Low Hurdles	42.66	42.5	42.25	42.1	41.06	40.9
3200 Meter Run	10:28.88	10:28.7	10:18.35	10:18.2	9:49.25	9:49.1
800 Meter Run	2:04.23	2:04.0	2:01.64	2:01.4	1:59.05	1:58.9
200 Meter Dash	23.35	23.2	23.11	22.9	22.87	22.7
4 x 400 Meter Relay	3:35.13	3:34.9	3:35.65	3:35.5	3:27.16	3:27.0
4 x 800 Meter Relay	8:41.42	8:41.2	8:29.14	8:28.9	6:58.49	6:58.3
Shot Put	45'9		45'8		48'10	
Discus	134'1		135'6		148'4	
Pole Vault	10'6		11'6		12'6	
Triple Jump	42'8		42'2		43'4	
Long Jump	20'4		20'6		21'4	
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	17.24	17.0	16.95	16.8	16.28	16.1
100 Meter Dash	13.20	13.0	13.08	12.9	12.81	12.6
4 x 200 Meter Relay	1:49.66	1:49.5	1:50.72	1:50.5	1:47.38	1:47.2
1600 Meter Run	5:34.33	5:34.1	5:33.07	5:32.9	5:21.07	5:20.9
4 x 100 Meter Relay	52.54	52.3	52.45	52.3	50.94	50.7
400 Meter Dash	61.75	61.6	61.56	61.4	60.05	59.9
300 Meter Low Hurdles	48.98	48.8	49.03	48.8	47.76	47.6
3200 Meter Run	12:37.69	12:37.5	12:22.22	12:22.0	11:54.88	11:54.7
800 Meter Run	2:27.80	2:27.6	2:27.33	2:27.1	2:21.61	2:21.4
200 Meter Dash	26.90	26.7	27.04	26.8	26.36	26.2
4 x 400 Meter Relay	4:17.82	4:17.6	4:16.48	4:16.3	4:08.74	4:08.5
4 x 800 Meter Relay	10:26.43	10:26.2	10:27.26	10:27.1	9:56.19	9:56.0
Shot Put	31'11		33'6		35'0	
Discus	94'0		101'6		106'10	
Pole Vault	7'6		8'0		9'0	
Triple Jump	33'4		34'0		34'6	
Long Jump	16'0		16'0		16'6	
High Jump.	4'10		4'10		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	16.23	16.23	16.23	15.99	16.23	16.0	16.09	16.09	16.09	15.85	16.09	15.9	15.79	15.79	15.79	15.55	15.79	15.6
100 Meter Dash	11.56	11.56	11.56	11.32	11.56	11.4	11.49	11.49	11.25	11.49	11.3	11.26	11.26	11.26	11.02	11.26	11.1	
4 x 200 Meter Relay	94.67	94.67	94.67	94.43	1:34.67	1:34.5	94.33	94.33	94.33	94.09	1:34.33	1:34.1	91.62	91.62	91.62	91.38	1:31.62	1:31.4
1600 Meter Run	280.18	280.18	280.18	279.94	4:40.18	4:40.0	272.83	272.83	272.83	272.59	4:32.83	4:32.6	267.85	267.85	267.85	267.61	4:27.85	4:27.7
4 x 100 Meter Relay	45.40	45.40	45.40	45.16	45.40	45.2	44.94	44.94	44.94	44.70	44.94	44.7	43.87	43.87	43.87	43.63	43.87	43.7
400 Meter Dash	52.39	52.39	52.39	52.15	52.39	52.2	51.60	51.60	51.60	51.36	51.60	51.4	50.79	50.79	50.79	50.55	50.79	50.6
300 Meter Low Hurdles	42.66	42.66	42.66	42.42	42.66	42.5	42.25	42.25	42.25	42.01	42.25	42.1	41.06	41.06	41.06	40.82	41.06	40.9
3200 Meter Run	628.88	628.88	628.88	628.64	10:28.88	10:28.7	618.35	618.35	618.35	618.11	10:18.35	10:18.2	589.25	589.25	589.25	589.01	9:49.25	9:49.1
800 Meter Run	124.23	124.23	124.23	123.99	2:04.23	2:04.0	121.64	121.64	121.64	121.40	2:01.64	2:01.4	119.05	119.05	119.05	118.81	1:59.05	1:58.9
200 Meter Dash	23.35	23.35	23.35	23.11	23.35	23.2	23.11	23.11	23.11	22.87	23.11	22.9	22.87	22.87	22.87	22.63	22.87	22.7
4 x 400 Meter Relay	215.13	215.13	215.13	214.89	3:35.13	3:34.9	215.65	215.65	215.65	215.41	3:35.65	3:35.5	207.16	207.16	207.16	206.92	3:27.16	3:27.0
4 x 800 Meter Relay	521.42	521.42	521.42	521.18	8:41.42	8:41.2	509.14	509.14	509.14	508.90	8:29.14	8:28.9	495.29	495.29	495.29	495.05	8:15.29	8:15.1
Shot Put	549.70	549.00	549.00		45'9"		548.75	548.00	548.00		45'8"		586.60	586.00	586.00		48'10"	
Discus	1609.60	1609.00	1609.00		134'1"		1626.40	1626.00	1626.00		135'6"		1780.00	1780.00	1780.00		148'4"	
Pole Vault	124.80	124.00	126.00		10'6"		136.80	136.00	138.00		11'6"		147.60	147.00	150.00		12'6"	
Triple Jump	511.10	511.00	512.00		42'8"		506.75	506.00	506.00		42'2"		519.20	519.00	520.00		43'4"	
Long Jump	244.40	244.00	244.00		20'4"		245.10	245.00	246.00		20'6"		255.05	255.00	256.00		21'4"	
High Jump.	70.40	70.00	70.00		5'10"		71.20	71.00	72.00		6'0"		72.00	72.00	72.00		6'0"	

GIRLS																		
100 Meter High Hurdles	17.24	17.24	17.24	17.00	17.24	17.0	16.95	16.95	16.95	16.71	16.95	16.8	16.28	16.28	16.28	16.04	16.28	16.1
100 Meter Dash	13.20	13.20	13.20	12.96	13.20	13.0	13.08	13.08	13.08	12.84	13.08	12.9	12.81	12.81	12.81	12.57	12.81	12.6
4 x 200 Meter Relay	109.66	109.66	109.66	109.42	1:49.66	1:49.5	110.72	110.72	110.72	110.48	1:50.72	1:50.5	107.38	107.38	107.38	107.14	1:47.38	1:47.2
1600 Meter Run	334.33	334.33	334.33	334.09	5:34.33	5:34.1	333.07	333.07	333.07	332.83	5:33.07	5:32.9	321.07	321.07	321.07	320.83	5:21.07	5:20.9
4 x 100 Meter Relay	52.54	52.54	52.54	52.30	52.54	52.3	52.45	52.45	52.45	52.21	52.45	52.3	50.94	50.94	50.94	50.70	50.94	50.7
400 Meter Dash	61.75	61.75	61.75	61.51	61.75	61.6	61.56	61.56	61.56	61.32	61.56	61.4	60.05	60.05	60.05	59.81	60.05	59.9
300 Meter Low Hurdles	48.98	48.98	48.98	48.74	48.98	48.8	49.03	49.03	49.03	48.79	49.03	48.8	47.76	47.76	47.76	47.52	47.76	47.6
3200 Meter Run	757.69	757.69	757.69	757.45	12:37.69	12:37.5	742.22	742.22	742.22	741.98	12:22.22	12:22.0	714.88	714.88	714.88	714.64	11:54.88	11:54.7
800 Meter Run	147.80	147.80	147.80	147.56	2:27.80	2:27.6	147.33	147.33	147.33	147.09	2:27.33	2:27.1	141.61	141.61	141.61	141.37	2:21.61	2:21.4
200 Meter Dash	26.90	26.90	26.90	26.66	26.90	26.7	27.04	27.04	27.04	26.80	27.04	26.8	26.36	26.36	26.36	26.12	26.36	26.2
4 x 400 Meter Relay	257.82	257.82	257.82	257.58	4:17.82	4:17.6	256.48	256.48	256.48	256.24	4:16.48	4:16.3	248.74	248.74	248.74	248.50	4:08.74	4:08.5
4 x 800 Meter Relay	626.43	626.43	626.43	626.19	10:26.43	10:26.2	627.26	627.26	627.26	627.02	10:27.26	10:27.1	596.19	596.19	596.19	595.95	9:56.19	9:56.0
Shot Put	383.95	383.00	383.00		31'11"		402.60	402.00	402.00		33'6"		420.30	420.00	420.00		35'0"	
Discus	1128.20	1128.00	1128.00		94'0"		1218.60	1218.00	1218.00		101'6"		1282.40	1282.00	1282.00		106'10"	
Pole Vault	88.80	88.00	90.00		7'6"		94.80	94.00	96.00		8'0"		103.20	103.00	108.00		9'0"	
Triple Jump	399.55	399.00	400.00		33'4"		408.50	408.00	408.00		34'0"		414.80	414.00	414.00		34'6"	
Long Jump	191.05	191.00	192.00		16'0"		191.80	191.00	192.00		16'0"		197.25	197.00	198.00		16'6"	
High Jump.	58.40	58.00	58.00		4'10"		58.80	58.00	58.00		4'10"		59.60	59.00	60.00		5'0"	

BOYS	1A	1A	1A	1A	1A	
	2008	2007	2006	2005	2004	
110 Meter High Hurdles	16.520	16.030	16.120	16.160	16.300	16.23
100 Meter Dash	11.890	11.520	11.420	11.430	11.520	11.56
4 x 200 Meter Relay	95.270	95.260	94.680	93.880	94.260	94.67
1600 Meter Run	274.330	276.070	287.340	280.230	282.940	280.18
4 x 100 Meter Relay	44.570	45.660	45.690	45.430	45.650	45.40
400 Meter Dash	51.870	52.480	53.070	52.210	52.300	52.39
300 Meter Low Hurdles	42.940	42.330	42.430	43.290	42.310	42.66
3200 Meter Run	612.810	621.520	636.800	636.540	636.740	628.88
800 Meter Run	122.380	122.980	124.770	124.530	126.470	124.23
200 Meter Dash	23.540	23.530	22.830	23.570	23.270	23.35
4 x 400 Meter Relay	218.310	217.430	214.810	212.060	213.050	215.13
4 x 800 Meter Relay	508.250	524.500	529.420	520.720	524.210	521.42
Shot Put	546.000	543.000	562.250	569.000	528.250	549.70
Discus	1519.000	1632.000	1596.000	1741.000	1560.000	1609.60
Pole Vault	132.000	132.000	120.000	120.000	120.000	124.80
Triple Jump	513.000	508.750	514.750	521.750	497.250	511.10
Long Jump	248.500	247.500	243.000	244.000	239.000	244.40
High Jump.	70.000	72.000	70.000	72.000	68.000	70.40

GIRLS	1A	1A	1A	1A	1A	
	2008	2007	2006	2005	2004	
100 Meter High Hurdles	17.390	17.050	17.080	17.610	17.050	17.24
100 Meter Dash	13.580	12.890	13.340	13.210	12.990	13.20
4 x 200 Meter Relay	109.060	106.680	109.920	111.050	111.570	109.66
1600 Meter Run	330.270	329.280	336.390	342.180	333.530	334.33
4 x 100 Meter Relay	52.370	51.830	52.840	52.880	52.780	52.54
400 Meter Dash	62.200	61.740	61.350	61.650	61.830	61.75
300 Meter Low Hurdles	48.570	47.510	49.730	49.640	49.450	48.98
3200 Meter Run	761.250	736.380	738.240	783.640	768.950	757.69
800 Meter Run	146.310	146.960	147.840	149.830	148.040	147.80
200 Meter Dash	27.320	26.780	26.660	27.130	26.620	26.90
4 x 400 Meter Relay	256.970	256.570	259.650	259.970	255.940	257.82
4 x 800 Meter Relay	614.600	614.560	628.860	632.460	641.650	626.43
Shot Put	399.000	373.000	398.750	368.250	380.750	383.95
Discus	1172.000	1057.000	1201.000	1126.000	1085.000	1128.20
Pole Vault	90.000	90.000	96.000	84.000	84.000	88.80
Triple Jump	401.250	402.500	397.750	408.000	388.250	399.55
Long Jump	190.250	195.000	190.500	190.000	189.500	191.05
High Jump.	60.000	58.000	58.000	58.000	58.000	58.40

BOYS	2A	2A	2A	2A	2A	AVG
	2008	2007	2006	2005	2004	
110 Meter High Hurdles	16.330	15.810	16.250	16.100	15.940	16.09
100 Meter Dash	11.570	11.320	11.750	11.330	11.470	11.49
4 x 200 Meter Relay	95.390	94.270	95.340	93.510	93.130	94.33
1600 Meter Run	274.140	272.230	273.810	275.860	268.100	272.83
4 x 100 Meter Relay	44.910	44.880	45.060	44.500	45.340	44.94
400 Meter Dash	51.860	51.370	51.770	51.340	51.660	51.60
300 Meter Low Hurdles	42.840	42.660	41.850	42.660	41.220	42.25
3200 Meter Run	623.590	614.050	627.140	616.490	610.470	618.35
800 Meter Run	119.910	123.910	123.780	120.350	120.240	121.64
200 Meter Dash	23.410	22.670	23.080	23.300	23.070	23.11
4 x 400 Meter Relay	218.100	216.430	218.150	213.230	212.330	215.65
4 x 800 Meter Relay	511.720	511.210	510.940	512.890	498.960	509.14
Shot Put	562.250	558.500	532.500	556.750	533.750	548.75
Discus	1579.000	1521.000	1523.000	1812.000	1697.000	1626.40
Pole Vault	138.000	132.000	138.000	138.000	138.000	136.80
Triple Jump	517.500	512.000	501.000	510.250	493.000	506.75
Long Jump	253.750	247.750	243.500	243.750	236.750	245.10
High Jump.	70.000	72.000	72.000	70.000	72.000	71.20

GIRLS	2A	2A	2A	2A	2A	AVG
	2008	2007	2006	2005	2004	
100 Meter High Hurdles	16.680	16.640	17.350	17.120	16.960	16.95
100 Meter Dash	13.040	13.100	13.140	13.050	13.050	13.08
4 x 200 Meter Relay	110.750	110.380	111.100	110.120	111.260	110.72
1600 Meter Run	340.560	330.310	341.380	330.450	322.660	333.07
4 x 100 Meter Relay	52.340	52.600	52.740	52.390	52.170	52.45
400 Meter Dash	61.370	61.300	61.370	61.800	61.980	61.56
300 Meter Low Hurdles	48.380	49.020	50.180	49.140	48.450	49.03
3200 Meter Run	751.960	738.890	744.450	744.310	731.490	742.22
800 Meter Run	146.340	148.180	148.710	147.370	146.030	147.33
200 Meter Dash	27.030	26.380	27.860	26.950	26.980	27.04
4 x 400 Meter Relay	256.810	254.520	259.330	258.860	252.870	256.48
4 x 800 Meter Relay	631.850	627.950	624.360	636.970	615.170	627.26
Shot Put	387.000	380.500	410.500	391.500	443.500	402.60
Discus	1223.000	1180.000	1230.000	1244.000	1216.000	1218.60
Pole Vault	96.000	96.000	96.000	90.000	96.000	94.80
Triple Jump	422.000	401.750	402.500	402.250	414.000	408.50
Long Jump	197.000	192.250	186.000	194.750	189.000	191.80
High Jump.	60.000	58.000	58.000	58.000	60.000	58.80

BOYS	3A	3A	3A	3A	3A	AVG
	2008	2006	2005	2004	2003	
110 Meter High Hurdles	16.190	15.710	16.000	15.610	15.430	15.79
100 Meter Dash	11.250	11.250	11.390	11.140	11.260	11.26
4 x 200 Meter Relay	90.010	92.540	90.980	91.120	93.460	91.62
1600 Meter Run	265.070	270.780	272.270	265.230	265.890	267.85
4 x 100 Meter Relay	43.630	43.780	43.720	43.990	44.210	43.87
400 Meter Dash	49.980	50.940	51.110	51.380	50.540	50.79
300 Meter Low Hurdles	40.620	41.230	41.850	40.670	40.930	41.06
3200 Meter Run	583.400	585.380	588.700	599.420	589.360	589.25
800 Meter Run	117.100	118.580	120.610	119.630	119.320	119.05
200 Meter Dash	22.810	23.040	22.880	22.780	22.860	22.87
4 x 400 Meter Relay	204.100	206.800	208.570	208.780	207.570	207.16
4 x 800 Meter Relay	490.270	498.810	500.010	495.440	491.910	495.29
Shot Put	597.500	570.750	564.250	607.250	593.250	586.60
Discus	1864.000	1664.000	1709.000	1865.000	1798.000	1780.00
Pole Vault	144.000	150.000	150.000	144.000	150.000	147.60
Triple Jump	530.000	528.500	510.750	507.250	519.500	519.20
Long Jump	261.000	256.750	250.500	257.000	250.000	255.05
High Jump.	74.000	72.000	70.000	72.000	72.000	72.00

GIRLS	3A	3A	3A	3A	3A	AVG
	2008	2007	2006	2005	2004	
100 Meter High Hurdles	15.980	16.080	16.650	16.320	16.370	16.28
100 Meter Dash	12.540	12.740	12.990	12.840	12.920	12.81
4 x 200 Meter Relay	107.590	107.330	107.000	107.160	107.820	107.38
1600 Meter Run	322.250	327.030	319.080	318.500	318.510	321.07
4 x 100 Meter Relay	50.110	50.740	51.370	51.320	51.180	50.94
400 Meter Dash	60.170	60.000	60.180	60.820	59.100	60.05
300 Meter Low Hurdles	46.360	47.080	48.680	48.380	48.290	47.76
3200 Meter Run	700.880	715.310	709.100	732.480	716.630	714.88
800 Meter Run	141.000	142.500	143.330	141.040	140.170	141.61
200 Meter Dash	26.180	26.360	26.540	26.210	26.500	26.36
4 x 400 Meter Relay	244.360	249.590	249.630	250.920	249.180	248.74
4 x 800 Meter Relay	592.000	602.840	592.140	593.500	600.490	596.19
Shot Put	439.000	424.500	410.000	426.750	401.250	420.30
Discus	1327.000	1181.000	1231.000	1352.000	1321.000	1282.40
Pole Vault	96.000	102.000	108.000	102.000	108.000	103.20
Triple Jump	429.000	414.000	414.500	417.000	399.500	414.80
Long Jump	204.750	191.750	198.500	198.250	193.000	197.25
High Jump.	58.000	60.000	60.000	60.000	60.000	59.60