

Boys Coaches:

The following are the standards for entry into the OHSL and SECTIONAL meets. In each event every school gets one entry for each event. You may have a second entry in an event if **both** athletes have met the standard.

The standards were set to be reasonable. If you want to enter an athlete that has not met the qualifying standard you must call the following people.

OHSL Meet: Harold Muller
Sectional Meet: Oscar Jensen

Standard conversion charts will be used to convert times such as 3000 m to 3200 m, or 1500 to 1600. Please remember we are running four divisions in this meet. We do not have extra time to add nonqualified athletes. Please follow the standards that have been set.

Please note the following for the field events:

-Shot putters will be given four throws.

-High Jumpers will be given three jumps. (This may change)

Coaches please remember we are trying to run these meets with 4 divisions. We only have 3 hours and forty-five minutes. We all need to work together to make these meets great.

You will see over the next couple of weeks that we are implementing some of the suggestions coaches have made.

If you have any questions feel free to call me.

Harold Muller

Boys Section III Indoor Track and Field Championship Meet Standards 2008

Sectionals, State Qualifier and States:

EVENT	AA	A	B	C/D	STATE QUAL	STATES
55M HH	9.14	9.54	9.84	10.24	8.84	7.94
55M	6.94	7.24	7.34	7.44	6.84	6.74
300m	39.14	41.24	41.94	42.74	38.74	36.74
600m	1:29.5	01:32.2	1:34.24	1:36.24	1:28.74	1:24.7
1000m	2:48.2	2:50.94	2:55.94	2:29.94	2:38.74	2:35.2
1600m	4:47.5	4:50.24	4:55.94	4:59.94	4:40.24	4:28.7
3200m	10:42.2	10:52.2	10:59.94	11:02.24	10:15.24	9:42.24
4x200m	one team	one team	one team	one team	1:38.24	one team
4x400m	one team	one team	one team	one team	3:38.74	one team
4x800m	one team	one team	one team	one team	8:30.24	one team

Shot	42'00"	36'00"	35'00"	34'00"	44'06"	52'00"
Pole Vault	10'00"	9'00"	8'00"	8'00"	11'00"	13'00"
High Jump	5'04"	5'02"	5'00"	5'00"	5'10"	6'04"
Long Jump	19'00"	18'00"	17'06"	17'00"	20'06"	21'06"
Triple Jump	39'00"	38'00"	37'00"	36'00"	41'00"	43'06"

OHSL League Meet:

Event	OHSL
55m	7.34
55m HH	9.94
300m	41.24
600m	1:39.94
1000m	2:55.24
1600	5:05.24
3200	11:20.00
4x 200m	one team
4x400m	one team
4 x 800m	one team
Triple Jump	35'00"
Long Jump	16'00"
High Jump	5'04"
Pole Vault	9'00"
Shot Put	35'00"

Girls Section III Indoor Track and Field Championship Meet Standards 2008

	CNYCL	OHSL	AA	A	B	C/D	State Quals
55HH	9.74	10.24	9.44	9.74	9.94	10.14	9.44
55 Dash	8.44	8.54	8.14	8.24	8.34	8.44	7.83
300m	46.24	47.24	45.24	46.24	47.24	48.24	45.24
600m	1:52.24	1:54.24	1:49.24	1:51.24	1:53.24	1:55.24	1:48.24
1000m	3:30.24	3:35.24	3:20.24	3:25.24	3:30.24	3:35.24	3:07.0

1500m	5:30.24	5:35.24	5:20.24	5:30.24	5:40.24	5:50.24	5:10.0
3000m	12:00.24	12:05.24	11:30.24	11:50.24	12:10.24	12:30.24	11:30.0
Shot Put	27-0	26-0	29-0	26-0	25-0	24-0	31-0
Pole Vault	7-0	6-6	7-6	7-0	7-0	6-6	7-6
High Jump	4-8	4-6	4-8	4-6	4-6	4-4	4-10
Long Jump	14-6	13-6	14-9	14-6	14-0	13-0	15-6
Triple Jump	30-0	29-0	30-6	30-0	28-0	27-0	32-0
4 x 200							1:53.0
4 x 400							4:20.0
4 x 800							10:40.0

*** Keep in mind- the qualifying standards for League and Sectional Championship Meets are for a second athlete to compete in the listed event. Each team is allowed one athlete in every event. In order to have a second athlete compete in an event, **both athletes** must have met the standard listed.

- The standards for State Qualifiers must be met for any athlete to participate. They are not for a second competitor from a given school.

- For relays at Sectional and League Championship Meets, all teams are allowed one entry, no qualifying standard