

**NYSPHSAA/FEDERATION BOYS & GIRLS SPRING TRACK**  
**APPROVED STANDARDS FOR THE SECOND QUALIFIER FOR**  
**THE 2018 SEASON**

EACH SECTION MUST DESIGNATE THEIR STATE QUALIFIER MEET.

FIRST PLACE FINISHER IN EACH INDIVIDUAL EVENT AND RELAY FROM THE FOLLOWING DIVISIONS WILL ADVANCE TO THE STATE MEET: *DIVISION I AND DIVISION II.*

A SECTION MAY SEND ANOTHER ATHLETE OR RELAY TEAM IN ANY EVENT. THEY MUST BE THE HIGHEST PLACING FINISHER AT THE QUALIFIER THAT HAS MET THE STANDARD LISTED BELOW.

*THE STANDARD MAY BE MET AT ANY INVITATIONAL OR CHAMPIONSHIP MEET AT ANYTIME DURING THE SEASON.*

<b>EVENT</b>	<b>BOYS D1</b>	<b>BOYS D2</b>	<b>GIRLS D1</b>	<b>GIRLS D2</b>
<b>100M DASH</b>	10.9 / 11.14	11.1 / 11.34	12.3 / 12.54	12.5 / 12.74
<b>200M DASH</b>	22.0 / 22.24	22.5 / 22.74	25.2 / 25.44	25.7 / 25.94
<b>400M DASH</b>	48.8 / 49.04	50.2 / 50.44	57.2 / 57.44	58.1 / 58.34
	1:54.6/	1:56.7 /	2:14.3 /	2:15.6 /
<b>800M RUN</b>	1:54.84	1:56.94	2:14.54	2:15.84
	4:17.8/	4:23.0 /	4:35.6 /	4:46.7 /
<b>1600/1500M RUN</b>	4:18.04	4:23.24	4:35.84	4:46.94
	9:21.0/	9:37.6 /	9:59.4/	10:24.0/
<b>3200/3000M RUN</b>	9:21.24	9:37.84	9:59.64	10:24.24
	9:33.0/	9:53.2 /	7:06.3 /	7:23.8 /
<b>STEEPLECHASE</b>	9:33.24	9:53.44	7:06.54	7:24.04
<b>HIGH HURDLES</b>	14.7 / 14.94	15.2 / 15.44	15.0 / 15.24	15.6 / 15.84
<b>400M HURDLES</b>	55.8 / 56.04	57.3 / 57.54	63.7 / 63.94	66.3/ 66.54
<b>LONG JUMP</b>	22' 00.25"	21' 01"	17' 10.25"	16' 11.5"
<b>TRIPLE JUMP</b>	45' 07.25"	43' 10"	37' 01.75"	36' 01.5"
<b>SHOT PUT</b>	52' 11.5"	49' 10"	39' 05.25"	36' 07.5"
<b>DISCUS</b>	151' 09"	146' 02"	117' 08"	112' 05"
<b>HIGH JUMP</b>	6' 02"	6' 02"	5' 03"	5' 01"
<b>POLE VAULT</b>	14' 00"	13' 03"	11' 00"	9' 09"
<b>PENTATHLON</b>	3043 PTS.	3008 PTS.	2807 PTS.	2638 PTS.
<b>400M RELAY</b>	42.7 / 42.94	44.0 / 44.24	48.7 / 48.94	50.2 / 50.44
	3:20.3/	3:28.2 /	3:56.4/	4:04.4/
<b>1600M RELAY</b>	3:20.54	3:28.44	3:56.64	4:04.64
	7:51.9/	8:12.0 /	9:17.3 /	9:40.0 /
<b>3200M RELAY</b>	7:52.14	8:12.24	9:17.54	9:40.24

**(FIRST TIME LISTED IN EACH COLUMN IS HAND TIMED, SECOND TIME LISTED IS FULLY AUTOMATIC TIMING. STANDARD HYTEK CONVERSION OF .24 WAS USED FOR ALL RUNNING EVENTS.)**

**THESE STANDARDS REPRESENT THE AVERAGE OF 6<sup>TH</sup> PLACE IN THE FINALS FROM 2013 THROUGH 2017**