



2010 NMAA STATE TRACK & FIELD CHAMPIONSHIPS QUALIFYING STANDARDS



Girls

EVENT	A		AA		AAA		AAAA		AAAAA	
	State Record	Qualifying Marks	State Record	Qualifying Marks	State Record	Qualifying Marks	State Record	Qualifying Marks	State Record	Qualifying Marks
100 m. dash	12.20	13.10	12.52	13.00	12.10	13.00	12.36	12.80	11.78	12.50
200 m. dash	25.00	27.70	25.80	27.50	25.10	27.40	25.36	26.60	24.50	26.30
400 m. dash	55.80	65.00	57.60	63.40	56.62	63.60	57.44	61.80	55.31	60.60
800 m. run	2:18.70	2:39.90	2:19.96	2:36.00	2:16.32	2:34.20	2:15.90	2:26.00	2:13.39	2:26.70
1600 m. run	5:22.54	6:13.00	5:10.13	5:47.00	4:51.68	5:54.00	5:07.40	5:36.00	5:00.97	5:30.00
3200 m. run	11:25.71	14:00.00	11:23.23	12:56.00	10:32.79	12:44.00	11:19.49	12:25.00	10:46.72	12:04.00
100 m. hurdles	14.80	17.80	15.00	17.40	14.90	17.30	14.61	16.70	14.20	16.50
300 m. hurdles	44.84	52.00	46.26	51.30	43.67	51.20	44.17	49.20	43.20	48.70
400 m. relay	50.30	54.70	50.33	53.70	48.60	53.60	49.73	51.40	48.00	50.90
800 m. relay	1:44.30	1:57.20	1:47.83	1:55.50	1:43.79	1:55.00	1:44.44	1:49.60	1:41.80	1:48.00
Medley relay	4:25.42	4:57.00	4:20.42	4:45.00	4:13.58	4:45.00	4:14.49	4:30.00	4:11.73	4:25.60
1600 m. relay	4:03.05	4:38.00	4:10.07	4:32.20	4:00.59	4:28.00	3:59.56	4:16.00	3:57.07	4:14.00
Shot Put	40' 0"	31' 6"	41' 2"	31' 6"	42' 5"	31' 6"	40' 5"	33' 6"	50' ¼"	34' 0"
Discus	122' 5"	92' 0"	135' 8"	97' 0"	136' 2"	98' 0"	136' 11"	102' 0"	162' 0"	108' 6"
Long Jump	18' 1½"	15' 4"	18' 0"	15' 5"	18' 6¾"	15' 6"	17' 10 ¼"	16' 0"	19' 2¼"	16' 10"
High Jump	5' 9½"	4' 8"	5' 6¼"	4' 10"	5' 9"	4' 8"	5' 6"	5' 0"	5' 10¼"	5' 2"
Triple Jump	37' 10½"	31' 6"	36' 8¼"	31' 6"	36' 2½"	31' 6"	38' 2¼"	33' 0"	38' 6¾"	34' 0"
Pole Vault	10' 0"	7' 6"	9' 6"	7' 6"	10' 1"	8' 0"	11' 6"	8' 0"	11' ½"	8' 9"
Javelin	124' 0"	100' 0"	130' 11"	103' 0"	136' 4"	104' 0"	138' 4"	108' 0"	130' 5"	107' 0"

* FAT Conversion is .3

Boys

EVENT	A		AA		AAA		AAAA		AAAAA	
	State Record	Qualifying Marks	State Record	Qualifying Marks	State Record	Qualifying Marks	State Record	Qualifying Marks	State Record	Qualifying Marks
100 m. dash	11.00	11.50	10.70	11.20	10.60	11.20	10.64	11.10	10.50	10.90
200 m. dash	22.40	24.00	22.29	23.40	21.20	23.00	21.82	22.70	21.30	22.30
400 m. dash	50.00	53.70	48.94	52.80	48.30	52.20	47.99	51.40	48.10	50.80
800 m. run	1:58.53	2:09.70	1:55.90	2:07.00	1:55.32	2:06.00	1:53.67	2:02.00	1:51.73	2:01.50
1600 m. run	4:33.82	5:02.00	4:19.90	4:50.00	4:11.20	4:49.00	4:12.60	4:38.00	4:12.84	4:34.00
3200 m. run	9:57.30	11:19.00	9:20.90	10:45.00	9:17.18	10:36.00	9:26.44	10:06.00	9:07.38	10:03.00
110 m. hurdles	15.10	17.70	14.90	16.60	14.30	16.30	14.48	16.00	13.98	15.30
300 m. hurdles	38.67	44.80	38.50	43.30	37.60	42.80	37.89	41.20	37.50	40.80
400 m. relay	44.10	46.90	43.45	45.60	42.80	45.20	42.23	44.20	41.60	43.50
800 m. relay	1:31.90	1:38.50	1:31.40	1:35.80	1:28.60	1:36.00	1:28.57	1:33.00	1:26.00	1:31.70
Medley relay	3:42.90	3:59.00	3:39.30	3:51.00	3:33.40	3:50.00	3:34.51	3:44.60	3:31.00	3:42.60
1600 m. relay	3:29.70	3:47.70	3:27.30	3:40.00	3:21.10	3:37.80	3:21.47	3:33.00	3:17.40	3:29.50
Shot Put	53' 9"	41' 6"	55' 2¼"	43' 6"	61' 11¼"	44' 0"	57' 7"	45' 6"	62' 11½"	48' 6"
Discus	160' 9"	116' 0"	171' 6"	120' 0"	174' 0"	130' 0"	177' 1"	131' 0"	183' 9"	138' 0"
Long Jump	23' ¾"	19' 0"	23' 5¾"	20' 3"	23' 8½"	20' 0"	22' 9¾"	20' 6"	24' 3¼"	21' 8"
High Jump	6' 9"	5' 10"	6' 7"	5' 10"	7' 2½"	5' 10"	6' 8"	6' 0"	7' 0"	6' 2"
Triple Jump	43' 5¼"	39' 0"	44' 6½"	40' 6"	48' 9"	41' 0"	46' 5"	41' 6"	48' 4½"	43' 3"
Pole Vault	15' 6"	11' 0"	14' 3½"	11' 0"	17' 1½"	11' 0"	15' 3"	12' 6"	16' 3"	12' 9"
Javelin	169' 9"	144' 0"	179' 5"	152' 0"	191' 7"	150' 0"	207' 4"	155' 0"	207' 6"	163' 0"

* FAT Conversion is .3