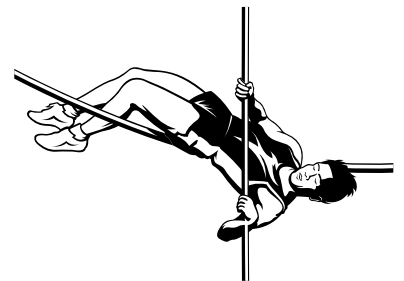


Idaho High School Activities Association

**2005
Girls & Boys
State Track Manual**



**United Dairymen of Idaho
The Official Sponsor of IHSAA State Championship Events**

2004-2005 State Tournament Host Hotels

The following hotels have agreed to serve as the 2004-2005 State Tournament Host Hotels by providing complimentary rooms for tournament officials. We appreciate their generous support and urge member schools to patronize these Partners in Youth Development.

BOISE (EAST)

HOLIDAY INN	3300 Vista Ave.	208-344-8365
DOUBLETREE CLUB HOTEL	475 W. Parkcenter Blvd.	208-345-2002
RED LION PARKCENTER	424 E. Parkcenter Blvd.	
HAMPTON INN	3270 S. Shoshone	208-331-5600
FAIRFIELD INN BY MARRIOTT	3300 S. Shoshone	208-331-5656

BOISE (WEST) / TREASURE VALLEY

SHILO INNS & RESORTS	FOUR AREA LOCATIONS	
Nampa Suites	1401 Shilo Dr., Nampa	208-465-3250
Nampa Blvd	617 Nampa Blvd., Nampa	208-466-8993
Boise Airport	4111 Broadway, Boise	208-343-7662
Boise Riverside	3031 Main, Boise	208-344-3521
HAMPTON INN	5750 E Franklin Rd., Nampa	208-442-0036
RODEWAY INN	1115 N. Curtis Rd, Boise	208-376-2700

COEUR D'ALENE AREA

COEUR D'ALENE INN	414 W Appleway, CDA	208-765-3200
SHILO INN	702 W Appleway, CDA	208-664-2300

IDAHO FALLS AREA

SHILO INN	780 Lindsey Blvd., IF	208-523-0088
RED LION IF HOTEL	475 River Parkway, IF	208-523-8000

POCATELLO AREA

POCATELLO CONVENTION AND VISITORS BUREAU 208-235-7659

Pocatello area hotels have agreed to share in providing rooms for IHSAA officials. For accommodations at tournament rates contact the Convention and Visitors Bureau.

TWIN FALLS AREA

SHILO INN	1586 Blue Lakes Blvd., T.F.	208-733-7545
BURLEY INN	800 Overland Ave, Burley	208-678-3501

DISTRICT OR QUALIFYING MEETS

5A

District I-II

Site: Lewiston H.S.
Mgr: Ken Krahn
Date: May 13-14

District III

Site: BSU
Mgr: Steve Sosnowski, Capital H.S.
Date: May 12-13

District IV-V-VI

Site: Thunder Stadium,
by Bonneville H.S.
Mgr: Lance Miller, Idaho Falls H.S.
Date: May 12-13

4A

District I-II

Site: Lewiston H.S.
Mgr: Ken Krahn
Date: May 13-14

District III

Site: Caldwell H.S.
Mgr: Scott Thomas
Date: May 12-13

District IV-V

Site: Century H.S.
Mgr: John Raukar
Date: May 13

District VI

Site: Madison H.S.
Mgr: Eric Lords
Date: May 11-13

3A

District I-II

Site: Timberlake H.S.
Mgr: Tim Cronnelly
Date: May 13-14

District III

Site: Middleton H.S.
Mgr: Gerry Nutt
Date: May 12

District IV

Site: Filer H.S.
Mgr: Loyd Garey
Date: May 11-12

District V

Site: Marsh Valley H.S.
Mgr: Frank Howe
Date: May 13

District VI

Site: Sugar-Salem H.S.
Mgr: Layne Luke
Date: May 11-12

2A

District I-II

Site: Kamiah H.S.
Mgr: Todd Nygaard
Date: May 13 -14

District III

Site: Parma H.S.
Mgr.: Greg Asbury
Date: May 12 & 14

District IV

Site: ISDB
Mgr: Brian Hardy, Valley
Date: May 10-12

District V

Site: Malad H.S.
Mgr.: John Cockett
Date: May 10-11

District VI

Site: Firth H.S.
Mgr: Mike Kress
Date: May 12-13

1A

District I-II

Site: Highland (C) H.S.
Mgr: Gordon Heath
Date: May 14-15

District III

Site: Horseshoe Bend H.S.
Mgr: Pal Sartori, Cascade
Date: May 14

District IV

Site: ISDB
Mgr: Brian Hardy, Valley
Date: May 10 & 12

District V-VI

Site: Firth H.S.
Mgr: Brett Hill
Date: May 11

REPRESENTATION

Note: Individuals who meet the qualifying standard to participate in the state meet as a special qualifier must do so in the finals at district or regional competition.

<u>5A</u>	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I-II	3*	1*
	III	8	4
	IV-V-VI	4*	2*
	At Large*	<u>0</u>	<u>1</u>
	Total	16	8

* The next best mark between Dist. I-II and Dist. IV-V-VI will qualify for the state meet

<u>4A</u>	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I-II	2	1
	III	6	2
	IV-V	5	2
	V	3	1
	At Large*	<u>0</u>	<u>2*</u>
	Total	16	8

* The next 2 best marks statewide will qualify for the state meet

<u>3A</u>	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I-II	3	1
	III	4	1
	IV	3*	1
	V	2*	1
	VI	3*	1
	At Large*	<u>0</u>	<u>3**</u>
	Total	16	8

*The next best mark between Dist. IV, V and VI will qualify for the state meet

** The next 3 best marks statewide will qualify for the state meet

<u>2A</u>	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I-II	3*	1
	III	3*	1
	IV	2	1
	V	3*	1
	VI	4	1
	At Large*	<u>0</u>	<u>3**</u>
	Total	16	8

*The next best mark between Dist. I-II, III & V will qualify for the state meet

** The next 3 best marks statewide will qualify for the state meet

<u>1A</u>	<u>District</u>	<u>Indiv. Events</u>	<u>Relays</u>
	I-II	4	2
	III	4	2
	IV	4	2
	V-VI	2	1
	At Large*	<u>2*</u>	<u>1**</u>
	Total	16	8

* The next two best marks statewide will qualify for the state meet

** The next best mark statewide will qualify for the state meet

Note: In case of a tie in a relay in any classification, the IHSAA office will flip a coin to determine the representative.

NOTE: Please do not call us — we will call your school by Noon on Tuesday, May 17, 2005 if your athletes qualified. You may also check the IHSAA website: idhsaa.org. Seedings will be posted Sunday evening, May 15.

Hardship Qualifiers for State Competition

Individual qualifiers must meet the criteria in #1 and either #2 or #3:

1. Meet or surpass the state qualifying mark (an average of the last three years third place marks at the state meet) in their particular event/s in a sanctioned meet no greater than four weeks prior to the state meet. All meets require a certified starter and referee.
2. Provide proof that they were physically unable to compete at their district/regional meet. Such proof must be a letter from a physician, chiropractor, nurse practitioner or any medical practitioner licensed by the state, stating the nature of the injury/illness that prevented the athlete from competing at the district/regional meet, and also stating the athlete is released to compete in the state meet. Such proof must be presented to the Manager of their respective district/regional meet, by the head coach or athletic director prior to the conclusion of the meet so the athlete's name can be included on the list of "Special Qualifiers."
3. Compete in the particular qualified event at their district/regional meet and fail to qualify by place or mark because of an incident beyond the athlete's control that the meet referee deems a hardship to the athlete in question. An example would be an athlete in an obvious qualifying place that is fouled or interfered with and is unable to finish the race at all or finish in a qualifying place.
4. The Honest Effort Rule: If an athlete does not compete in the finals, after qualifying for the preliminaries, he/she will not be allowed to compete in any further events in the district/regional meet, unless due to an injury/illness certified by a licensed medical practitioner or some other act beyond the athlete's control (e.g., vehicle accident or death in the family). Those athletes not having a certified injury/illness will also not advance to the State Meet if they scratch from a final. Special qualifying marks in the preliminaries will only be used as we have in the past.

MODIFICATION FOR IDAHO ATHLETES & TEAMS

All track and field meets shall be governed by the National Federation Track and Field Rules as published by the NFHS (National Federation Edition) unless changed or modified by the Board of Directors.

The following have been approved as being in the best interest of the participants and will be observed in the Idaho high school state meet.

1. No contestant shall be permitted to enter more than four of the individual track or field events.
2. No contestant shall be permitted to compete in more than four track or field events.
3. A 4-turn stagger will be used in the 4x200 relay and a 3-turn stagger in the 4x400 relay.
4. The various relay events are to be considered as a team (school) event. Members of a relay team may be changed from district to the state meet.
5. The 1600 M medley relay is run in this order: 200, 200, 400 and 800 meter legs. The 800 M medley relay is run in this order: 100, 100, 200 and 400.
6. An athlete may run in four relays, provided he/she does not enter any other event.
7. If a competitor exceeds participation limitations, all individual and team points earned by that competitor in any event shall be forfeited.
8. Idaho students may not compete in any track and field event other than the events listed below without the written consent of the IHSAA.
9. An individual who qualifies for state competition in four individual events will not be allowed to scratch an individual event and compete on a relay team.
10. The sector for the discus and shot put will be 40 degrees or the NCAA requirements at the state track and field championships.
11. At the state track meet, the two-alley start with waterfall shall be used to begin the 1600 and 3200 meter runs.
12. Track participants are not allowed to wear any type of headwear unless prescribed by a medical doctor.

SCORING

1st place	10 pts	5th place	4 pts
2nd place	8 pts	6th place	3 pts
3rd place	6 pts	7th place	2 pt
4th place	5 pts	8th place	1 pt

AWARDS

Team: Trophies are awarded to the champion, runner-up, third, and fourth place teams in each classification at the completion of their respective competition.

Individual: The top six finishers in each event shall receive a medal immediately upon completion of the event. If the athlete is not available to pick up his/her medal at the appointed time, then the award can be picked up by the coach only; no medals will be given to athletes after the awards ceremony. The medals that are not picked up will be mailed to the school.

PICTURES OF THE AWARDS CEREMONY

Individual award pictures will be taken and sold by Nish's Photography.

1904 Grange Street, Suite #3, Caldwell 83605 1-800-717-6474 or 454-466

SUBSTITUTIONS

Substitutions will be permitted in the State Meet when the regular qualifier is unable to participate. The next place winner is first eligible as a substitute. Such substitutions must be made through the IHSAA office prior to 12:00 p.m. the Wednesday preceding the State Meet. Substitutions will not be allowed after this time.

ADMISSION

General Admission: \$5.00 per day

Discount Admission: \$4.00 per day

(senior citizens, students in grades 1-6 and students in grades 7-12 with an activity card may purchase the discount tickets and passes.)

Coaches must have their IHSAA activity card to be admitted free. Report to the **northwest** ticket booth for a ticket upon displaying the card. Spouses will be admitted with coaches on their pass. **Tickets will be issued from 10:00 A.M. - 8:00 P.M. on Thursday at the head table for those coaches who present their activity card. If tickets are issued for three days, the IHSAA pass is invalid for further use and will be noted as such at the pass gate.**

Participants must have their number to be admitted free.

Managers must have a ticket to be admitted free. A maximum of one manager's ticket per day, per school will be provided and may be issued on Thursday.

Each year our gate people report problems encountered by coaches and athletes wanting free admission without proper passes. Coaches, we need your assistance to make a difficult job easier. Please do not ask for exceptions.

COACHES' PACKETS

Each school with a contestant(s) in the boys' competition and each school with a contestant(s) in the girls' competition will have a coach's packet which will contain one copy of the printed program, a number for each contestant, a general information sheet, and a relay sheet which must be filled out and returned immediately. (Packets available at the center gate by scoring table on Thursday, May 20 after 10:00 A.M.)

RUNNING EVENTS MISCELLANEOUS

1. The preliminaries for 5A and 4A boys and girls will be held on Thursday evening. 3A, 2A and 1A girls and boys prelims will be run Friday afternoon. The finals for 5A and 4A will be held Friday evening after the Parade of Athletes. Finals for 3A, 2A and 1A will be held on Saturday morning.
2. Participants reporting to the clerk must enter the track from the northwest gate (across from the Pavilion).
3. Coaches: Please instruct your contestants to report to the clerk before each race. If they do not report, they will be scratched!
4. All warm-ups will be done outside the stadium.
5. Spikes may be 1/4" or 5-7mm. Spikes will be available for purchase for \$.20 at the head table.
6. Blocks will be furnished.
7. Coaches: Please instruct your athletes to remain in their lanes after a race and to return to the finish line. Caution your runners not to run on the lines and to stay in their lanes after completing relay exchanges.
8. Relay members: After you have exchanged the baton, leave the track with caution; that is, be careful not to interfere with any other team.
9. Right leg lead 300 meter hurdlers should be cautioned not to run the inside of their lane on the curve which could contribute to a trail leg violation.

10. Any time a runner changes course, he/she must not to interfere with anyone.
11. Anyone lapped in the 1600 Meter Run or 3200 Meter Run shall continue to run his/her normal course.
12. Event:
 - 800 Meter Run - One turn stagger - Lanes
 - 1600 Meter Run - Two alley - Dual waterfall - One turn stagger
 - 3200 Meter Run - Two alley - Dual waterfall - One turn stagger
 - 400 Meter Relay - Lanes all the way
 - 800 Meter Relay - Lanes all the way - 4 turn stagger
 - Sprint Medley Relay - Lanes through two turns
 - 1600 Meter Relay - Lanes through 3 turns - 3 turn stagger
13. Individuals who advance from preliminaries to finals by place, will advance in the following manner: If there are four heats, the top two will advance; if there are two heats, the top four will advance. If there are three heats, the top two in each heat will advance, plus the two next best times.

FIELD EVENTS MISCELLANEOUS

1. Rule 7, Section 2, Article 5 will be enforced.
2. A warm-up period will be given between each classification in all field events.
3. By IHSAA Board of Directors ruling, it is mandatory that all shot and discus contestants in the State Track Meet use a shot and/or discus provided or approved by the IHSAA.
4. In the high jump and pole vault, a competitor who has passed three consecutive heights after the competition has begun will be permitted a warm-up jump without the crossbar in place.

GENERAL INFORMATION

1. All coaches and participants are requested to stay in the stands on the press box side of the stadium except during the field events. PLEASE HELP US WITH THIS REQUEST - INSTRUCT YOUR ATHLETES! During field events we will open the east stands.
2. Only athletes participating or receiving awards will be allowed on the field. Please report back to stands immediately after receiving awards.
3. No coaches are allowed on the field for any reason without permission from Bill Young, Jim Nelson or Bill Jones.
4. All questions concerning rule interpretations should be directed to the referees, Jerry Kleinkopf , Bob Ranells and Tim Dunne. They may be contacted by coming to the center gate adjacent to the scoring table.
5. If you do not understand the "uniform" rule, ask Mr. Ranells before a race.
6. Coaches will not be allowed to view the photos of the finish. If you have a question on the outcome, please contact Bill Young, Jim Nelson or Bill Jones and the photo will be reviewed by the games committee.
7. Everyone must wear his/her number. The only exception will be in the high jump, where permission must be obtained from the head judge for the exception.
8. The Varsity Center is available for injuries only.
9. Please - no first aid kits on the artificial turf. Analgesic balm, etc. reacts chemically to the turf and turns it black.
10. Dressing rooms will be available, but we encourage you to have your athletes dress elsewhere if possible.
11. No towels will be furnished.
12. The Jury of Appeals will serve as the final Board of Appeals.
13. No hats of any kind are to be worn by athletes during participation in any event. Track uniforms are to be worn in all events. Any deviation must be approved by the referee before competition.
14. Headsets and other audio type equipment are not to be brought onto the field. This equipment must be left in the stands or bullpen area. We will not be responsible for any lost equipment.

15. The IHSAA office has arranged with the Boise State Athletic Department to have the track open for use on Wednesday May 18 from 2:00 -8:00 P.M., and on Thursday, May 19 from 8:00 A.M. to 2:00 P.M. The track will also be open for team use on Friday and Saturday mornings from 7:00-9:15. The field event competition area will be closed at 12:00 p.m. to prepare for the 5A/4A competition that starts at 3:00 p.m.

PARADE OF ATHLETES

The Parade of Athletes will be held late on Friday afternoon.

1. Please have your athletes and coaches by the north gate by 4:30 p.m.
2. Any returning state champions will be introduced and will lead the parade carrying the large American flag horizontally.
3. Athletes are to be dressed in regular track warm-ups. No hats of any kind, please!
4. The first event for the evening session will begin 15 minutes after the field has been cleared.

ORDER OF THE 3200 METER AND 1600 METER RUNS

1. The 3200 meter runs will be run as follows:

Thursday 4:00 P.M.	Friday 9:30 A.M.
5A Girls	3A Girls
5A Boys	3A Boys
4A Girls	2A Girls
4A Boys	2A Boys
	1A Girls
	1A Boys
2. The 1600 meter runs will be run during the finals.

Friday evening	5A and 4A
Saturday	3A, 2A and 1A

LONG JUMP / TRIPLE JUMP PIT ASSIGNMENTS

	<u>Pit I</u>	<u>Pit II</u>	<u>Pit III</u>	<u>Pit IV</u>
Thursday 3:00 P.M.	4A BTJ	4A GTJ	5A GTJ	5A BTJ
7:00 P.M.	3A BTJ	3A GTJ	2A GTJ	2A BTJ
Friday 9:00 A.M.	3A BLJ	3A GLJ	1A BLJ	1A GLJ
10:30 A.M.	1A BTJ	1A GTJ	2A BLJ	2A GLJ
12:00 P.M.	4A BLJ	4A GLJ	5A BLJ	5A GLJ

PROGRAM PICTURES

PLEASE NOTE: The program no longer includes action pictures of track athletes.

2005 STATE TRACK SCHEDULE OF EVENTS

Boise State University - May 19, 20, 21

Thursday, May 19

4:00 p.m. 3200 M Run (5A Girls; 5A Boys; 4A Girls; 4A Boys)
 5:15 p.m. **5A & 4A Prelims**
 100 Meter Hurdles: 5A Girls, 4A Girls
 110 Meter Hurdles: 5A Boys, 4A Boys
 100 Meter Dash: 5A Girls & Boys; 4A Girls & Boys
 400 Meter Dash: 5A Girls & Boys; 4A Girls & Boys
 300 Meter Hurdles: 5A Girls; 4A Girls; 5A Boys; 4A Boys
 200 Meter Dash: 5A Girls; 4A Girls; 5A Boys; 4A Boys
Medley Relay FINAL (5A Girls; 4A Girls; 5A Boys; 4A Boys)

Field Events

	<u>Pit I</u>	<u>Pit II</u>	<u>Pit III</u>	<u>Pit IV</u>	<u>High Jump 1</u>	<u>High Jump 2</u>	<u>Discus 1</u>	<u>Discus 2</u>	<u>Shot Put 1</u>	<u>Shot Put 2</u>	<u>Pole Vault 1</u>	<u>Pole Vault 2</u>
THURSDAY												
3:00 p.m.	4A BTJ	4A GTJ	5A GTJ	5A BTJ			4A G	4A B	5A B	5A G	4A G	4A B
5:00 p.m.					4A B	4A G	5A G	5A B	4A B	4A G		
6:00 p.m.											5A G	5A B
7:00 p.m.	3ABTJ	3A GTJ	2A GTJ	2A BTJ	1A B	1A G	1A G	2A B	3A B	3AG		
FRIDAY												
9:00 a.m.	3A BLJ	3A GLJ	1A BLJ	1A GLJ	2A B	2A G	2A G	3A B	1A B	1A G	2A B	2A G
10:30 a.m.	1A BTJ	1A GTJ	2A BLJ	2A GLJ	5A B	5A G	3A G	1A B	2A B	2A G		
12:00 p.m.	4A BLJ	4A GLJ	5A BLJ	5A GLJ	3A B	3A G					3A B	3A G
5:30 p.m.											1A B	1A G

Track Events

Friday, May 20

9:30 a.m.
3200 M Run (3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys)
11:30 a.m. **3A, 2A, 1A Prelims**
 100 Meter Hurdles: 3A Girls, 2A Girls, 1A Girls
 110 Meter Hurdles: 3A Boys, 2A Boys, 1A Boys
 100 Meter Dash: 3A Girl/Boys; 2A Girls/Boys; 1A Girls/Boys
 400 Meter Dash : 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys
 300 Meter Hurdles: 3A/2A/1A Girls; 3A/2A/1A Boys
 200 Meter Dash: 3A/2A/1A Girls; 3A/2A/1A Boys
Medley Relay FINAL (3A, 2A, 1A Girls; 3A, 2A, 1A Boys)

4:45 p.m.
Parade of Athletes

5:30 p.m.
5A & 4A Finals
 100 Meter Hurdles: 5A Girls, 4A Girls
 110 Meter Hurdles: 5A Boys, 4A Boys
 4 x 200 Relay: 5A Girls, 5A Boys; 4A Girls, 4A Boys
 100 Meter Dash: 5A Girls, 5A Boys; 4A Girls, 4A Boys
 800 Meter Run: 5A Girls, 5A Boys; 4A Girls, 4A Boys
 4 x 100 Relay: 5A Girls, 5A Boys; 4A Girls, 4A Boys
 400 Meter Dash: 5A Girls, 5A Boys; 4A Girls, 4A Boys

Break

300 Meter Hurdles: 5A/4AGirls; 5A/4A Boys
 200 Meter Dash: 5A Girls, 5A Boys; 4A Girls, 4A Boys
 1600 Meter Run: 5A Girls, 5A Boys; 4A Girls, 4A Boys
 4 x 400 Relay: 5A Girls, 5A Boys; 4A Girls, 4A Boys

Team Awards

Saturday, May 21

9:30 a.m.
3A, 2A and 1A Finals
 100 Meter Hurdles: 3A, 2A, 1A Girls
 110 Meter Hurdles: 3A, 2A, 1A Boys
 4 x 200 Relay: 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys
 100 Meter Dash: 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys
 800 Meter Run: 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys
 4 x 100 Relay: 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys
 400 Meter Dash: 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys

Break

300 Meter Hurdles: 3A, 2A, 1A Girls; 3A, 2A, 1A Boys
 200 Meter Dash: 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys
 1600 Meter Run: 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys
 4 x 400 Relay: 3A Girls/Boys; 2A Girls/Boys; 1A Girls/Boys

Team Awards

2005 IHSAA STATE TRACK QUALIFYING STANDARDS

EVENT	2002 3rd place mark	2003 3rd place mark	2004 3rd place mark	QUALIFYING STANDARD Converted to Hand Held Times
5A BOYS				
110m HH	15.57	14.78	14.7	14.9
300m IH	40.55	39.87	40.8	40.2
100m	11.15	11.12	11.29	11.1
200m	22.5	22.66	22.5	22.4
400m	50.32	50.22	48.9	49.6
800m	1:58.80	1:58.19	1:58.4	1:58.3
1600m run	4:25.88	4:26.5	4:26.11	4:26.0
3200m run	10:00.00	9:50.42	9:44.5	9:51.4
Shot Put	51' 7"	49' 11"	49' 9"	50' 5"
Pole Vault	14' 0"	14' 0"	14' 0"	14' 0"
High Jump	6' 2"	6' 4"	6' 4"	6' 3"
Long Jump	20' 9"	21' 7"	20' 7"	20' 11"
Triple Jump	42' 11"	44' 3"	44' 3/4"	43' 8"
Discus	150' 7"	152' 10"	150' 0"	151' 2"
4A BOYS				
110m HH	15.16	15.89	15.49	15.2
300m IH	40.24	40.71	41.35	40.6
100m	11.29	11.31	11.4	11.2
200m	22.55	22.58	22.91	22.5
400m	50.07	51.08	50.49	50.3
800m	1:58.78	1:58.08	2:00.13	1:58.7
1600m run	4:32.13	4:33.84	4:32	4:32.5
3200m run	9:51.96	9:53.43	9:54.3	9:52.9
Shot Put	50' 2"	48' 11"	49' 4"	49' 8"
Pole Vault	13' 0"	13' 0"	12' 6"	12' 10"
High Jump	6' 0"	6' 2"	6' 0"	6' 0"
Long Jump	20' 10"	21' 03"	20' 2"	20' 9"
Triple Jump	42' 7 3/4"	42' 04"	42' 7"	42' 6"
Discus	150' 3"	146' 07"	151' 4"	149' 3"
3A BOYS				
110m HH	15.80	15.8	15.8	15.6
300m IH	41.17	41.22	41.1	40.9
100m	11.37	11.26	11.47	11.2
200m	23.15	23.20	23.06	23.0
400m	50.56	50.91	50.68	50.5
800m	2:00.39	2:01.42	2.03	2:01.4
1600m run	4:35.88	4:34.02	4:41.3	4:37.0
3200m run	10:00.30	9:59.73	10:01.04	10:00.5
Shot Put	52' 3"	52' 8"	49' 2"	51' 4"
Pole Vault	13' 0"	13' 0"	12' 0"	12' 8"
High Jump	6' 0"	6' 2"	6' 4"	6' 2"
Long Jump	20' 5"	21' 1"	21' 5"	20' 11"
Triple Jump	42' 9 1/2"	43' 2"	43' 2"	43' 0"
Discus	143' 11"	152' 8"	145' 10"	147' 5"
2A BOYS				
110m HH	15.71	15.81	15.78	15.6
300m IH	40.93	41.83	41.99	41.4
100m	11.38	11.42	11.51	11.2
200m	22.95	23.09	23.3	22.9
400m	51.28	50.83	52.54	51.34
800m	1:58.98	1:59.22	2:02.0	2:00.0
1600m run	4:39.15	4:42.16	4:35.1	4:38.6
3200m run	10:12.70	10:06.24	10:03.0	10:07.1
Shot Put	49' 4"	48' 8"	47' 10"	48' 7"
Pole Vault	12' 6"	12' 6"	13' 6"	12' 10"
High Jump	6' 0"	6' 4"	6' 0"	6' 1"
Long Jump	20' 8 3/4"	20' 7 1/4"	21' 0"	20' 9"
Triple Jump	42' 2"	41' 8"	41' 9"	41' 10"
Discus	155' 8"	153' 1"	147' 5"	152' 1"
1A BOYS				
110m HH	16.17	16.04	16.76	16.1
300m IH	41.89	41.27	42.8	41.8
100m	11.62	11.44	11.72	11.4
200m	23.33	23.48	22.96	23.1
400m	52.16	50.69	52.2	51.4
800m	2:00.51	2:06.2	2:05.05	2:03.7
1600m run	4:38.07	4:41.89	4:48.0	4:42.5
3200m run	10:12.77	10:14.6	10:23.0	10:16.6
Shot Put	48' 0"	43' 3"	44' 8"	45' 3"
Pole Vault	10' 6"	12' 0"	12' 0"	11' 6"
High Jump	5' 10"	5' 10"	6' 0"	5' 10"
Long Jump	20' 3 1/2"	20' 7 1/4"	19' 11"	20' 3"
Triple Jump	40' 1/4"	41' 10 1/2"	40' 3"	40' 8"
Discus	149' 5"	139' 3"	133' 8"	140' 9"

STATE TRACK QUALIFYING STANDARDS

EVENT	2002 3rd place mark	2003 3rd place mark	2004 3rd place mark	QUALIFYING STANDARD Converted to Hand Held Times
5A GIRLS				
100m H	15.18	15.22	15.87	15.2
300m H	46.90	46.10	45.7	46.0
100m	12.73	12.49	12.74	12.4
200m	26.16	25.25	25.79	25.5
400m	60.28	59.28	59.26	59.4
800m	2:21.00	2:21.76	2:20.01	2:20.7
1600m run	5:27.67	5:26.24	5:16.95	5:23.4
3200m run	11:39.16	11:50.14	11:32	11:40.2
Shot Put	36' 9"	37' 5"	37' 5"	37' 2"
Pole Vault	9' 6"	11' 0"	11' 0"	10' 6"
High Jump	5' 2"	5' 2"	5' 2"	5' 2"
Long Jump	17' 1 1/2"	16' 9"	16' 0"	16' 7"
Triple Jump	35' 11"	35' 9"	35' 2"	35' 7"
Discus	118' 6"	109' 11"	111' 2"	113' 2"
4A GIRLS				
100m H	16.27	15.82	15.5	15.7
300m H	47.00	46.42	46.7	46.4
100m	12.69	12.98	13.11	12.7
200m	26.31	26.77	26.6	26.4
400m	60.59	60.59	60.1	60.2
800m	2:19.78	2:19.56	2:20.2	2:19.6
1600m run	5:22.73	5:20.29	5:19.0	5:20.5
3200m run	11:39.00	11:52.61	12:09.0	11:53.0
Shot Put	37' 1"	36' 11"	36' 0"	36' 8"
Pole Vault	9' 6"	10' 0"	9' 6"	9' 8"
High Jump	4' 10"	5' 2"	5' 0"	5' 0"
Long Jump	16' 7"	17' 1/4"	16' 1"	16' 6"
Triple Jump	34' 8"	34' 4"	34' 1"	34' 4"
Discus	129' 4"	125' 4"	116' 9"	123' 9"
3A GIRLS				
100m H	16.42	16.3	16.68	16.3
300m H	47.21	49.36	48.64	48.2
100m	12.92	13.0	13.24	12.9
200m	26.55	27.01	26.96	26.6
400m	59.85	1:00.75	60.98	60.3
800m	2:26.34	2:27.72	2:26.0	2:26.5
1600m run	5:36.86	5:37.98	5:34.0	5:36.1
3200m run	11:58.32	11:57.00	12:14.0	12:02.9
Shot Put	34' 9"	36' 5"	38' 7"	36' 7"
Pole Vault	9' 6"	9' 0"	9' 6"	9' 4"
High Jump	5' 2"	5' 2"	5' 0"	5' 1"
Long Jump	17' 2"	17' 3"	16' 6"	16' 11"
Triple Jump	34' 2"	35' 2"	34' 1"	34' 5"
Discus	119' 0"	116' 3"	115' 9"	117' 0"
2A GIRLS				
100m H	16.10	16.57	16.98	16.4
300m H	46.80	47.89	49.4	47.8
100m	12.98	13.01	12.98	12.8
200m	27.07	26.68	26.6	26.6
400m	1:00.86	1:01.33	60.67	60.8
800m	2:20.84	2:27.60	2:25.6	2:24.5
1600m run	5:37.98	5:40.69	5:34.3	5:37.5
3200m run	12:16.10	12:23.12	12:03.0	12:16.9
Shot Put	36' 0"	35' 7"	33' 7"	35' 0"
Pole Vault	9' 0"	8' 6"	9' 0"	8' 10"
High Jump	5' 0"	5' 0"	5' 2"	5' 0"
Long Jump	16' 2"	16' 2"	16' 2"	16' 2"
Triple Jump	32' 11"	33' 0"	32' 1"	32' 8"
Discus	116' 7"	115' 9"	112' 1"	114' 9"
1A GIRLS				
110m HH	17.57	17.0	17.4	17.1
300m IH	49.42	50.55	49.8	49.7
100m	13.27	13.09	13.3	12.9
200m	27.44	27.37	27.7	27.6
400m	1:02.21	1:01.82	62.6	62.0
800m	2:26.55	2:30.29	2:28.5	2:28.2
1600m run	5:46.40	5:48.37	5:45.0	5:46.4
3200m run	12:49.38	12:30.41	12:39.0	12:39.4
Shot Put	35' 1"	34' 6"	34' 8"	34' 9"
Pole Vault	8' 6"	8' 0"	8' 0"	8' 2"
High Jump	4' 10"	4' 10"	4' 8"	4' 9"
Long Jump	15' 11"	15' 7"	15' 9"	15' 9"
Triple Jump	33' 9"	33' 9"	33' 11"	33' 9"
Discus	101' 0"	104' 3"	98' 5"	101' 2"

(Qualifying standards are the third place marks averaged over the previous three years.)