

**N. C. Track & Cross Country  
Coaches Association  
Founded 2002**

**3A Indoor Track Qualifying Standards  
for the State Meet 2020**

	<u>Women</u>	<u>Men</u>
Shot Put	31' 0"	43' 0"
Long Jump	16' 0"	20' 6"
Triple Jump	33' 0"	40' 9"
High Jump	4' 10"	5' 10"
Pole Vault	8' 6"	11' 6"

	Women Hand-Held Standard	Women F. A. T. Standard	Men Hand-Held Standard	Men F. A. T. Standard
4 x 800 Relay	10:50.0	10:50.24	8:44.0	8:44.24
55M Hurdles	9.1	9.34	8.2	8.44
55M Dash	7.2	7.44	6.4	6.64
4 x 200 Relay	1:51.0	1:51.24	1:33.0	1:33.24
1600M Run	5:35.0	5:35.24	4:37.0	4:37.24
500M Run	1:22.5	1:22.74	1:08.5	1:08.74
1000M Run	3:16.0	3:16.24	2:42.0	2:42.24
300M Dash	42.5	42.74	36.4	36.64
3200M Run	12:00.0	12:00.24	10:00.0	10:00.24
4 x 400 Relay	4:23.0	4:23.24	3:38.0	3:38.24

<u>Wheelchair</u>	<u>Women HHT</u>	<u>Women FAT</u>	<u>Men HHT</u>	<u>Men FAT</u>
Shot Put	6' 0"	6' 0"	8' 0"	8' 0"
55M Dash	26.0	26.24	23.0	23.24
<u>Amputee Above Knee</u>				
55-meter dash	9.9	10.14	9.0	9.24
300-meter dash	1:16.0	1:16.24	55.0	55.24
Long Jump	12' 7"	12' 7"	16' 0"	16' 0"
<u>Amputee Below Knee</u>				
55-meter dash	9.4	9.64	TBD	TBD
300-meter dash	54.4	54.64	TBD	TBD