

2011 District III Track & Field Qualifying Guidelines

Guidelines are the median mark (time, distance, height) from the 2010 performance lists. These are only guidelines and achieving these guidelines does not guarantee making the cut for the 2011 Track and Field Championships.

Field Size	Event	Girls AA	Girls AAA	Boys AA	Boys AAA
16	4 x 800m Relay	10:25	9:53	8:36	8:08
32	100m Hurdles	17.46	16.07		
32	110m Hurdles			16.78	15.25
32	100m Dash	13.48	12.64	11.43	11.12
20	1600m Run	5:41	5:21	4:38	4:28
24	400m Dash	1:03.75	1:00.40	52.44	50.73
16	4 x 100m Relay	53.35	50.63	45.48	43.44
24	300m Hurdles	51.00	47.58	42.08	40.63
20	800m Run	2:30	2:22	2:03	1:58
32	200m Dash	28.14	26.11	23.25	22.70
20	3200m Run	12:36	11:36	10:25	9:42
16	4 x 400m Relay	4:24	4:08	3:38	3:26
18	High Jump	4'10"	5'3"	6'0"	6'3"
18	Pole Vault	9'0"	10'0"	12'0"	13'6"
18	Long Jump	15'5"	17'0"	20'8"	21'5"
18	Triple Jump	33'4"	35'7"	41'2"	44'1"
18	Shot Put	33'7"	37'0"	44'9"	50'6"
18	Discus	104'1"	119'3"	132'0"	151'0"
18	Javelin	107'0"	117'1"	159'6"	172'2"

In order to keep this track and field championship a quality meet, the Games Committee has set an optimal number for each event. This is indicated to the left of the events. If more than the maximum number of entries is received, only the top performers will compete. If a tie occurs for the last spot, the Games Committee may reduce the size of the field taken under the number shown.

If guidelines should prove to be too difficult, only those competitors entered will be considered to fill the field or lanes. If in doubt, always enter your student-athlete.