



**WIAA / WEST CENTRAL DISTRICT III 1A TRACK & FIELD
2016 AUTOMATIC QUALIFYING STANDARDS**
Submitted by Dwayne Johnson T&F WCD III Ex. Board Chair

- A] The standard must be met in the finals of the event in the sub-district meet;
- B] 1A standard is the average of the marks for the 4th place Finisher from the Tri - District 4th Place 2011-2014 and the 2nd place from WCD III meet.
- C] All times in the track events must be FAT; if FAT fails no entries beyond allocation are allowed;
- D] And the terms ‘finals’ and ‘FAT’ will be used as defined in the Federation and WIAA rule books.

BOYS

Boys	Avg.	2015	2014	2013	2012	2011
100m	11.57	11.45	11.52	11.72	11.52	11.64
200m	23.20	23.41	23.12	23.12	22.95	23.38
400m	52.22	52.42	51.11	51.99	52.97	52.63
800m	2.00.08	2.01.16	2.01.56	1.58.22	2.00.72	1.58.73
1600m	4.27.86	4.30.41	4.32.62	4.24.31	4.25.71	4.26.22
3200m	9.57.18	10.08.31	10.09.52	9.48.60	9.51.74	9.47.73
110HH	16.91	18.01	16.35	16.78	16.71	16.72
300IH	42.66	43.55	42.30	42.26	42.41	42.79
4X100R	45.18	45.72	45.56	44.83	44.81	44.99
4X400R	3.34.05	3.36.19	3.33.84	3.35.10	3.32.55	3.32.55
Long Jump	19'09.75"	18-06.00	20-01.00	20-02.00	19-03.00	21-01.00
Triple Jump	40'06.00"	40-05.75	40-03.25	40-06.50	39-02.25	42-01.00
High Jump	5'09.50"	5-06.00	6-00.00	6-00.00	5-08.00	5-10.00
Pole Vault	11'10.00"	11-00.00	12-00.00	13-00.00	12-00.00	11-06.00
Shot Put	48'01.25"	48-09.00	48-09.00	49-05.50	45-09.75	47-09.00
Discus	135'04"	130-03	130-03	141-09	134-04	140-05
Javelin	158'08"	151-09	151-09	159-04	162-00	168-06

*Average of past 5 years at Tri District 1A + WCD III 2nd Place

Approved WCD III Board Dec. 7, 2015

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GIRLS

Girls	Avg.	2015	2014	2013	2012	2011
100m	12.94	12.35	12.87	13.17	13.17	13.13
200m	26.57	26.01	26.34	26.68	27.13	26.68
400m	1.00.19	59.18	59.38	1:00.35	1:01.10	1:00.32
800m	2.22.34	2:29.07	2:18.91	2:20.78	2:19.27	2:23.67
1600m	5.23.24	5:45.45	5:19.64	5:10.38	5:20.42	5:20.27
3200m	11.51.83	12:21.66	11:57.97	11:39.63	11:33.25	11:46.61
100HH	16.93	17.36	16.92	17.11	17.02	16.22
300IH	48.12	49.11	47.29	48.01	48.75	47.46
4X100R	51.31	51.40	50.40	51.31	51.79	51.66
4X200R	1.48.44	1:48.73	1:46.82	1:48.20	1:49.59	1:48.84
4X400R	4.11.30	4:12.23	4:04.18	4:10.05	4:12.32	4:09.63
Long Jump	15'10.75"	14-10.75	17-01.50	16-01.00	15-06.00	15-10.50
Triple Jump	33'01.25"	30-09.50	34-03.00	33-03.5	32-07.00	34-08.00
High Jump	4'11.00"	4-10.00	5-2.00	4-10.00	4-10.00	5-0.00
Pole Vault	8'07"	7-06.00	9-06.00	9-03.00	8-06.00	8-06.00
Shot Put	32'05.75"	30-01.25	31-06	36-02.50	32-08	31-11.50
Discus	99'07.00"	89-06	105-03	104-08	99-02	99-06
Javelin	105'01.00"	97-10	111-09	106-03	103-04	106-05

*Average of past 4 years at Tri District 1A + WCD III 2nd Place