

## 2012-2013 DISTRICT III M&T BANK TRACK & FIELD QUALIFYING GUIDELINES

*(Meeting these guidelines does not guarantee acceptance)*

	GIRLS		BOYS	
	AA	AAA	AA	AAA
100m Dash	(24) 13.06	(32) 12.64	(24) 11.42	(32) 11.11
200m Dash	(24) 27.04	(32) 26.02	(24) 23.40	(32) 22.75
400m Dash	(16) 1:02.48	(24) 1:00.17	(16) 52.33	(24) 50.72
800m Run	(14) 2:25	(20) 2:22	(14) 2:01	(20) 1:58
1600m Run	(14) 5:29	(20) 5:22	(14) 4:40	(20) 4:26
3200m Run	(14) 12:00	(20) 11:39	(14) 10:21	(20) 9:41
100m Hurdles	(24) 17.32	(32) 16.09		
110m Hurdles			(24) 16.33	(32) 15.53
300m Hurdles	(16) 50.35	(24) 47.43	(16) 41.99	(24) 40.24
4x100m Relay	(12) 52.71	(16) 50.17	(12) 44.60	(16) 43.31
4x400m Relay	(12) 4:18	(16) 4:06	(12) 3:32	(16) 3:24
4x800m Relay	(12) 10:13	(16) 9:51	(12) 8:28	(16) 8:08
Shot Put	(14) 33'5"	(18) 36'6"	(14) 45'4"	(18) 50'5"
Discus	(14) 103'8"	(18) 113'4"	(14) 128'7"	(18) 148'10"
Javelin	(14) 109'7"	(18) 120'4"	(14) 157'9"	(18) 173'4"
High Jump	(14) 4'10"	(18) 5'3"	(14) 6'0"	(18) 6'5"
Triple Jump	(14) 33'7"	(18) 34'11"	(14) 41'6"	(18) 43'5"
Long Jump	(14) 16'2"	(18) 16'9"	(14) 20'2"	(18) 21'4"
Pole Vault	(14) 10'0"	(18) 10'9"	(14) 12'0"	(18) 13'9"

### Coaches:

In order to keep this track and field championship a quality meet, the Games Committee has set a maximum number for each event. This is indicated to the left of the guideline in ( ). This number of athletes will compete in the event. If more than the maximum number of entries is received, only the top performers will compete. (Example: Girls AA 100m Hurdles, 24 competitors are expected. If more meet the qualifying guidelines, the Games Committee will take the top 24 times). If a tie occurs for the last spot, the Games Committee may reduce the size of the field taken under the number shown.

Coaches must be prepared to defend performances that have been submitted. Should a standard prove too difficult, check the meet results throughout the District during the season, and if in doubt, enter your competitor. Only those entries on the information sheet will be eligible to compete.

