

## 2016-2017 STATE INDOOR TRACK & FIELD STANDARDS - 4A

EVENT	GIRL'S STANDARD	BOY'S STANDARD
55 METER(60 YD.) DASH *	<b>7.42</b>	<b>6.64</b>
300 METER DASH *	<b>42.00</b>	<b>36.52</b>
500 METER DASH *	<b>1:20.97</b>	<b>1:08.15</b>
1000 METER RUN *	<b>3:12.09</b>	<b>2:41.06</b>
1600 METER RUN *	<b>5:25.66</b>	<b>4:34.37</b>
3200 METER RUN *	<b>11:44.53</b>	<b>10:03.81</b>
55 METER (60 YD.) HURDLES *	<b>9.00</b>	<b>8.05</b>
800 METER (4 X 200 M) RELAY*	<b>1:49.57</b>	<b>1:34.41</b>
1600 METER (4 X 400 M) RELAY *	<b>4:15.69</b>	<b>3:34.52</b>
3200 METER (4 X 800 M) RELAY *	<b>10:21.18</b>	<b>8:36.78</b>
POLE VAULT *	<b>8'-06"</b>	<b>11'-06"</b>
HIGH JUMP *	<b>4'-10"</b>	<b>5'-11"</b>
LONG JUMP *	<b>16'-11"</b>	<b>21'-0.50"</b>
TRIPLE JUMP *	<b>35'-00.25"</b>	<b>43'-02.25"</b>
SHOT PUT *	<b>33'-10.25"</b>	<b>44'-10.75"</b>
<b>CONVERTING NON-STANDARD RACE TIMES TO VHSL STANDARD EVENTS</b>		
50 YARD DASH TO 55 METER DASH	ADD 1.0 SECONDS	ADD 0.9 SECONDS
50 YD HURDLES TO 55 METER HURDLES	ADD 1.2 SECONDS	ADD 1.1 SECONDS
300YD,500YD,1000YD TO 300M,500M,1000M	MULTIPLY BY 1.0936	MULTIPLY BY 1.0936
600 YARDS TO 500 METERS	DIVIDE BY 1.0936	DIVIDE BY 1.0936
1500 M, 3000 M TO 1600 M, 3200 M	MULTIPLY BY 1.0737	MULTIPLY BY 1.0737
MILE, 2 MILE TO 1600 M, 3200 M	DIVIDE BY 1.0058	DIVIDE BY 1.0058
880YD,MI,2 MI REL TO 800M,1600M,3200M RE	MULTIPLY BY 0.9942	MULTIPLY BY 0.9942

**NOTE: ADD 0.24 SECONDS TO ALL HAND TIMES TO CONVERT TO FAT**

When converting hand times for non-standard events, add 0.24 seconds before using multiplier/divisor

**SHOW BOTH ACTUAL TIME AND CONVERTED TIME ON ALL VERIFICATION FORMS**