

2009 TRACK AND FIELD

2009 TRACK AND FIELD						<u>CONVERSION EXAMPLES</u>			
EVENT:			D9 QS	D9 QS	PIAA QS	hand held	around-up to	add =	FAT time
			HAND TIME	FAT					
AA	Girls	4X800 Meter Relay	11:15.6	11:15.90	9:50.40				
AA	Girls	100 Meter Hurdles	17.6	17.90	16:01	:17.61	:17.7	add .24	:17.94
AA	Girls	100 Meter Dash	13.4	13.70	12:80				
AA	Girls	1600 Meter Run	5:59.6	5:59.90	5:18.30				
AA	Girls	400 Meter Dash	1:05.8	1:06.10	59.95				
AA	Girls	4X100 Meter Relay	54.8	55.10	51.30	:54.83	:54.9	add .24	:55.14
AA	Girls	300 Meter Hurdles	51.8	52.10	47.64				
AA	Girls	800 Meter Run	2:39.6	2:39.90	2:20.60				
AA	Girls	200 Meter Dash	28.4	28.70	26.30	:28.42	:28.5	add .24	:28.74
AA	Girls	3200 Meter Run	13:27.8	13:28.10	11:35.00				
AA	Girls	4X400 Meter relay	4:35.6	4:35.90	4:09.95				
AA	Girls	High Jump		4-09.00	5-2				
AA	Girls	Pole Vault		8-00.00	10-3				
AA	Girls	Long Jump		14-09.00	16-11				
AA	Girls	Triple Jump		31-00.00	35-6				
AA	Girls	Shot Put		30-00.00	37-0				
AA	Girls	Discus		90-00	115-0				
AA	Girls	Javelin		93-00	121-0				
EVENT:			D9 QS	D9 QS	PIAA QS				
			HAND TIME	FAT					
AA	Boys	4X800 Meter Relay	9:00.8	9:01.10	8:15.55	9:03.34	9:03.4	add .24	9:03.64
AA	Boys	110 Meter Hurdles	16.6	16.90	15.35				
AA	Boys	100 Meter Dash	11.4	11.70	11.20				
AA	Boys	1600 Meter Run	4:53.8	4:54.10	4:31.13				
AA	Boys	400 Meter Dash	53.8	54.10	50.70				
AA	Boys	4X100 Meter Relay	46.8	47.10	44.31	46.81	46.9	add .24	47.14
AA	Boys	300 Meter Hurdles	44.8	45.10	40.80				
AA	Boys	800 Meter Run	2:09.6	2:09.90	1:59.70				
AA	Boys	200 Meter Dash	23.6	23.90	22.88				
AA	Boys	3200 Meter Run	10:59.6	10:59.90	9:48.01	10:59.62	10:59.7	add .24	10:59.94
AA	Boys	4X400 Meter relay	3:43.8	3:44.10	3:29.87				
AA	Boys	High Jump		5-09.00	6-4				
AA	Boys	Pole Vault		11-03.00	13-6				
AA	Boys	Long Jump		19-03.00	21-6				
AA	Boys	Triple Jump		39-03.00	44-0				
AA	Boys	Shot Put		43-00.00	50-3				
AA	Boys	Discus		121-00	148-0				
AA	Boys	Javelin		145-00	176-0				
<u>NOTES:</u>									
If you submit a hand held time, please remember before you add the .24 you must round-up hundreds to tenths.									
A hand held 16.64 becomes 16.7 plus.24 or a 16.94 FAT time.									
There are very few meets that use a fully FAT system. Make sure you convert any handheld time to FAT!									
Schools may enter (3) athletes per event. This meet is a qualifying meet for the PIAA championship meet, please enter only athletes who deserve to participate in a championship meet.									
AA schools may enter "provisional" athletes. If there is an open position in a heat or flight, a "provisional" athlete or athletes will be added.									