

## 2009"AAA" TRACK AND FIELD

CLASS	EVENT:	PIAA QS	
AAA	Girls	4X800 Meter Relay	9:35.48
AAA	Girls	100 Meter Hurdles	15.65
AAA	Girls	100 Meter Dash	12.67
AAA	Girls	1600 Meter Run	5:13.37
AAA	Girls	400 Meter Dash	58.72
AAA	Girls	4X100 Meter Relay	49.96
AAA	Girls	300 Meter Hurdles	46.60
AAA	Girls	800 Meter Run	2:18.47
AAA	Girls	200 Meter Dash	:25.91
AAA	Girls	3200 Meter Run	11:13.30
AAA	Girls	4X400 Meter relay	4:02.50
AAA	Girls	High Jump	5-3
AAA	Girls	Pole Vault	11-0
AAA	Girls	Long Jump	17-3
AAA	Girls	Triple Jump	36-6
AAA	Girls	Shot Put	38-6
AAA	Girls	Discus	118-0
AAA	Girls	Javelin	121-0

EVENT:	PIAA QS
--------	---------

AAA	Boys	4X800 Meter Relay	8:02.04
AAA	Boys	110 Meter Hurdles	15.10
AAA	Boys	100 Meter Dash	11.10
AAA	Boys	1600 Meter Run	4:24.22
AAA	Boys	400 Meter Dash	50.09
AAA	Boys	4X100 Meter Relay	43.53
AAA	Boys	300 Meter Hurdles	39.80
AAA	Boys	800 Meter Run	1:57.32
AAA	Boys	200 Meter Dash	22.50
AAA	Boys	3200 Meter Run	9:31.71
AAA	Boys	4X400 Meter relay	3:24.03
AAA	Boys	High Jump	6-5
AAA	Boys	Pole Vault	14-3
AAA	Boys	Long Jump	21-10
AAA	Boys	Triple Jump	44-6
AAA	Boys	Shot Put	53-0
AAA	Boys	Discus	153-0
AAA	Boys	Javelin	178-0

### NOTES:

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 FAT timing system. Brookville, McDowell, Oil City meets are hand held.

Lock Haven, West Central Coaches, Kane, and West Mifflin are **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.

AAA schools may enter three athletes per event and one relay team per event.