

2011 "AA" TRACK AND FIELD

DISTRICT 9 QUALIFYING STANDARDS

EVENT:			D9 QS FAT	D9 CHANGES FROM PREVIOUS YEARS	PIAA QS
AA	Girls	4X800 Meter Relay	11:15.90		9:50.40
AA	Girls	100 Meter Hurdles	18.24	CHANGE	16:01
AA	Girls	100 Meter Dash	13.54	CHANGE	12.70 ***
AA	Girls	1600 Meter Run	5:59.90		5:18.30
AA	Girls	400 Meter Dash	1:05.24	CHANGE	59.95
AA	Girls	4X100 Meter Relay	55.24	CHANGE	50.80 ***
AA	Girls	300 Meter Hurdles	53.24	CHANGE	47.64
AA	Girls	800 Meter Run	2:39.90		2:20.60
AA	Girls	200 Meter Dash	28.54	CHANGE	26.30
AA	Girls	3200 Meter Run	13:28.10		11:35.00
AA	Girls	4X400 Meter relay	4:36.10	CHANGE	4:08.75 ***
AA	Girls	High Jump	4 - 8	CHANGE	5 - 2
AA	Girls	Pole Vault	8 - 0		10 - 6 ***
AA	Girls	Long Jump	15 - 0	CHANGE	16 - 11
AA	Girls	Triple Jump	31 - 0		35 - 6
AA	Girls	Shot Put	30 - 6		36 - 0 ***
AA	Girls	Discus	88 - 0	CHANGE	113 - 0 ***
AA	Girls	Javelin	97 - 0		121-0

EVENT:			D9 QS FAT		PIAA QS
AA	Boys	4X800 Meter Relay	9:01.10		8:15.55
AA	Boys	110 Meter Hurdles	17.24		15.35
AA	Boys	100 Meter Dash	11.84		11.20
AA	Boys	1600 Meter Run	5:00.0		4:31.13
AA	Boys	400 Meter Dash	54.90		50.70
AA	Boys	4X100 Meter Relay	47.10		44.31
AA	Boys	300 Meter Hurdles	44.74		40.80
AA	Boys	800 Meter Run	2:11.0		1:59.70
AA	Boys	200 Meter Dash	24.04		22.88
AA	Boys	3200 Meter Run	10:59.90		9:48.01
AA	Boys	4X400 Meter relay	3:44.10		3:29.87 ***
AA	Boys	High Jump	5 - 10	CHANGE	6 - 4
AA	Boys	Pole Vault	11 - 3		13 - 6
AA	Boys	Long Jump	19 - 0	CHANGE	21 - 6
AA	Boys	Triple Jump	38 - 9		44 - 0
AA	Boys	Shot Put	43 - 0		50 - 3
AA	Boys	Discus	121 - 0		148 - 0
AA	Boys	Javelin	150 - 0		176 - 0

*** CHANGES

District 9 changes were based on the number of entries last year.
 "AA" coaches can still enter "provisional athletes."

NOTES:

You **CAN NOT** 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.

CONVERSION EXAMPLES

hand held time	round-up to	add =	FAT time
:17.61	:17.7	add .24	:17.94
:54.83	:54.9	add .24	:55.14
:28.42	:28.5	add .24	:28.74
9:03.34	9:03.4	add .24	9:03.64
46.81	46.9	add .24	47.14
10:59.62	10:59.7	add .24	10:59.94