



WIAA / WEST CENTRAL DISTRICT III 3A TRACK & FIELD
 2022 **AUTOMATIC** QUALIFYING STANDARDS
 Submitted WCD III by Dwayne Johnson.

- A] The standard must be met in the finals of the event in the sub-district meet;
 B] 3A standard is the average of the marks for the 3A District 4th place qualifier to Star Track from the WCD III meet over the last five (5) years (2015-2019)
 C] All times in the track events must be FAT; if FAT fails no entries beyond allocation are allowed;
 E] And the terms ‘finals’ and ‘FAT’ will be used as defined in the Federation and WIAA rule books.

BOYS

Boys	Avg.	2019	2018	2017	2016	2015
100m	11.11	11.12	11.14	10.82	11.24	11.21
200m	22.58	22.86	22.26	22.40	22.72	22.68
400m	51.01	52.04	51.09	50.00	50.40	51.50
800m	1.58.03	1.57.98	1.58.73	1.59.16	1.56.64	1.57.63
1600m	4.26.74	4.24.96	4.26.27	4.26.55	4.28.60	4.27.33
3200m	9.43.28	9.45.81	9.39.30	9.47.07	9.44.85	9.39.38
110HH	15.16	14.78	15.03	15.24	15.63	15.14
300IH	40.04	40.13	40.18	39.38	39.86	40.65
4X100R	43.38	42.65	43.78	43.24	43.53	44.08
4X400R	3.28.29	3.29.44	3.29.11	3.26.49	3.25.42	3.30.97
Long Jump	21'04.25"	20.11.25	21.00.00	21.05.75	21.00.25	21.04.25
Triple Jump	43'06.00"	43.05.50	43.05.75	44-08-75	43'10.75	42'00.00"
High Jump	6'00"	6.00.00	6.02.00	6-00.00	5'10"	6'00"
Pole Vault	13'00"	13.00.00	13.00.00	12-06.00	14'00"	12'06"
Shot Put	50'04.50"	50.01.00	50.01.00	52-10.00	51'03.75"	49'08.00"
Discus	150'02"	147-05	143.08	152-10	152'07"	154'05"
Javelin	163'09"	155.07	163.07	164-10	164'06"	170'05"

*Average of past (5 yrs.) 3A WCD III 4th place

1st reading June 10, 2019

Approved WCD III Board September



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GIRLS

Girls	Avg.	2019	2018	2017	2016	2015
100m	12.58	12.74	12.60	12.50	12.40	12.65
200m	25.91	26.00	25.94	25.51	25.92	26.20
400m	59.85	61.75	59.62	61.18	58.34	58.36
800m	2.20.93	2.24.23	2.21.06	2.22.96	2.17.51	2.18.91
1600m	5.11.68	5.09.47	5.08.69	5.16.28	5.09.96	5.14.00
3200m	11.24.86	11.29.08	11.11.81	11.27.98	11.26.04	11.29.40
100HH	15.88	16.56	16.24	15.83	15.24	15.54
300IH	47.05	47.22	46.92	47.40	47.22	46.48
4X100R	50.49	50.89	49.96	50.65	50.32	50.62
4X200R	1.47.09	1.49.92	1.45.63	1.46.67	1.47.08	1.46.16
4X400R	4.07.96	4.14.29	4.08.62	4.06.60	4.07.48	4.02.80
Long Jump	16'07.25"	16.09.00	17.01.75	16-10.75	16'03.25"	16'03.50"
Triple Jump	34'05.75"	33.05.75	34.05.75	34-09.75	35'07.50"	34'00.75"
High Jump	5'00"	5'02"	4'10"	5'00"	5'00"	5'01"
Pole Vault	9'04'	9-06.00	9-00.00	9-06.00	9'00"	9'09"
Shot Put	37'05.25"	40-00.50	39-08.75	37-06.50	34'09.00"	35'02.50"
Discus	114'00"	114-06	114-06	120-03	116'06"	109'07"
Javelin	112'09"	111-01	105-04	110-11	114'05"	122'02"

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