



WIAA / WEST CENTRAL DISTRICT III **4A** TRACK & FIELD
 2023 **AUTOMATIC** QUALIFYING STANDARDS
 Submitted to WCD III by Dwayne Johnson.

- A] The standard must be met in the finals of the event in the sub-district meet;
- B] 4A standard is the average of the marks for the 4A District 4th place qualifier to Star Track from the WCD III meet over the last five (5) years (2016-2022)
- 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

4th Place Best time / vs Finals WCD III T&F 4A

Boys	Avg.	2019	2018	2017	2016	2022
100m	11.06	11.07	11.01	11.02	11.22	10.98
200m	22.24	22.12	22.29	22.07	22.42	22.28
400m	50.35	50.59	50.28	50.03	50.09	50.77
800m	1.55.60	1.56.79	1.56.18	1.53.94	1.55.61	1.55.46
1600m	4.20.86	4.20.71	4.20.08	4.22.14	4.21.52	4.19.87
3200m	9.25.12	9.27.98	9.23.27	9.29.56	9.23.84	9.20.97
110HH	15.19	15.01	15.06	15.35	15.07	15.45
300IH	39.80	39.39	39.28	39.62	39.63	41.07
4X100R	43.16	45.45	42.71	42.84	42.88	43.92
4X400R	3.26.37	3.27.55	3.25.69	3.26.67	3.23.34	3.28.59
Long Jump	21'07.25"	21.07.25	22.01.50	21.11.50	21'02.00"	22'02.50"
Triple Jump	44'07.25"	44.06.25	45.11	44.07.00	44'06.00"	43'06.25"
High Jump	6'01.00"	6-02.00	6-02.00	6-02.00	6'02"	6'00"
Pole Vault	13'02.00"	14-00.00	13-06.00	13-06.00	12'06"	12'06"
Shot Put	50'05.25"	49-04.75	48-05.75	50.03.50	56'00.50"	48'00.00"
Discus	144'07"	146-00	140-11	147-00	149'01"	139'11"
Javelin	170'09"	175-04	173-10	171-06	171'07"	161'07"

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



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GIRLS

Girls	Avg.	2019	2018	2017	2016	2022
100m	12.33	12.34	12.23	12.17	12.41	12.49
200m	25.10	24.88	24.82	24.90	25.16	25.73
400m	59.14	58.77	58.79	59.38	59.38	59.39
800m	2.17.07	2.16.83	2.16.06	2.17.54	2.18.56	2.17.34
1600m	5.05.27	5.08.04	5.03.51	5.04.53	5.08.10	5.02.16
3200m	11.10.82	11.10.24	11.09.48	11.24.65	11.08.20	11.01.51
100HH	15.28	14.96	14.87	14.99	15.43	16.13
300IH	45.92	45.57	45.52	45.30	46.16	47.05
4X100R	49.48	49.51	49.43	48.92	49.38	50.18
4X200R	1.44.59	1.44.07	1.44.63	1.44.10	1.43.53	1.46.64
4X400R	4.01.33	4.01.90	4.01.90	3.57.42	4.02.38	4.03.04
Long Jump	17'08.50"	17.05.50	17-10.25	17-11.25	17'05.75"	17'10.50"
Triple Jump	37'00.00"	35-06.00	37-01.50	39-01.50	36'09.50"	36'05.25"
High Jump	5'02"	5'00"	5'04"	5'03"	5'01"	5'02"
Pole Vault	9'09"	9'06"	9'06"	9'09.00	10'06"	9'09"
Shot Put	38'01.25"	38.01.50	39-09.50	38-02.00	39'02.00"	35'03.25"
Discus	118'07"	121-00	122-10	120-11	111'05"	116'11"
Javelin	116'04"	112-07	117-01	119-05	115'10"	116'10"

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

1st reading June 6, 2022

Approved WCD III Board September