



WIAA / WEST CENTRAL DISTRICT III 3A TRACK & FIELD  
 2023 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 4<sup>th</sup> 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**

Boys	Avg.	2019	2018	2017	2016	2022
100m	<b>11.06</b>	11.12	11.14	10.82	11.24	10.96
200m	<b>22.57</b>	22.86	22.26	22.40	22.72	22.62
400m	<b>50.97</b>	52.04	51.09	50.00	50.40	51.32
800m	<b>1.58.37</b>	1.57.98	1.58.73	1.59.16	1.56.64	1.58.40
1600m	<b>4.25.14</b>	4.24.96	4.26.27	4.26.55	4.28.60	4.19.34
3200m	<b>9.39.68</b>	9.45.81	9.39.30	9.47.07	9.44.85	9.21.36
110HH	<b>15.25</b>	14.78	15.03	15.24	15.63	15.57
300IH	<b>40.36</b>	40.13	40.18	39.38	39.86	42.23
4X100R	<b>43.24</b>	42.65	43.38	43.24	43.53	43.41
4X400R	<b>3.27.71</b>	3.29.44	3.29.11	3.26.49	3.25.42	3.28.11
Long Jump	<b>21'03.50"</b>	20.11.25	21.00.00	21.05.75	21.00.25	21.01.25
Triple Jump	<b>43'07.75"</b>	43.05.50	43.05.75	44-08-75	43'10.75	42'08.75"
High Jump	<b>6'00"</b>	6.00.00	6.02.00	6-00.00	5'10"	6'00"
Pole Vault	<b>13'00"</b>	13.00.00	13.00.00	12-06.00	14'00"	12'09"
Shot Put	<b>49'08.25"</b>	50.01.00	50.01.00	52-10.00	51'03.75"	46'02.75"
Discus	<b>146'01"</b>	147-05	143.08	152-10	152'07"	134'02"
Javelin	<b>162'03"</b>	155.07	163.07	164-10	164'06"	162'10"

\*Average of past (5 yrs.) 3A WCD III 4<sup>th</sup> place

1<sup>st</sup> reading June 6, 2022

Approved WCD III Board September



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**GIRLS**

	<b>Avg.</b>	<b>2019</b>	<b>2018</b>	<b>2017</b>	<b>2016</b>	<b>2022</b>
100m	<b>12.55</b>	12.74	12.60	12.50	12.40	12.50
200m	<b>25.90</b>	26.00	25.94	25.51	25.92	26.15
400m	<b>60.49</b>	61.75	59.62	61.18	58.34	61.55
800m	<b>2.21.12</b>	2.24.23	2.21.06	2.22.96	2.17.51	2.19.82
1600m	<b>5.10.07</b>	5.09.47	5.08.69	5.16.28	5.09.96	5.05.94
3200m	<b>11.21.96</b>	11.29.08	11.11.81	11.27.98	11.26.04	11.14.87
100HH	<b>15.97</b>	16.56	16.24	15.83	15.24	15.96
300IH	<b>47.26</b>	47.22	46.92	47.40	47.22	47.56
4X100R	<b>50.46</b>	50.89	49.96	50.65	50.32	50.48
4X200R	<b>1.47.37</b>	1.49.92	1.45.63	1.46.67	1.47.08	1.47.54
4X400R	<b>4.09.49</b>	4.14.29	4.08.62	4.06.60	4.07.48	4.10.45
Long Jump	<b>16'09.75"</b>	16.09.00	17.01.75	16-10.75	16'03.25"	17"03.00"
Triple Jump	<b>34'08.25"</b>	33.05.75	34.05.75	34-09.75	35'07.50"	35'01.00"
High Jump	<b>5'00"</b>	5'02"	4'10"	5'00"	5'00"	5'02"
Pole Vault	<b>9'07'</b>	9-06.00	9-00.00	9-06.00	9'00"	11'00"
Shot Put	<b>37'07.25"</b>	40-00.50	39-08.75	37-06.50	34'09.00"	36'00.00"
Discus	<b>113'04"</b>	114-06	114-06	120-03	116'06"	106'02"
Javelin	<b>111'03"</b>	111-01	105-04	110-11	114'05"	114'10"

\*Average of past (5 yrs.) 3A WCD III 4<sup>th</sup> place

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