

## 2010 BOYS INDOOR TRACK AND FIELD STANDARDS FOR COMPETITION

EVENT	TEAM*	F.C.I.A.C.**	C.I.A.C. "LL"
H.J.	5-0 (4-10)	5-2	5-8
P.V.	8-0 (7-0)	9-0	10-6
L.J.	16-0 (15-0)	17-0	18-8
S.P.	32-0 (28-0)	35-0	40-0
50 H.H.	9.6 (10.0)	8.7	7.7 [8.5/8.70 for 55]
50	6.8 (7.0)	6.4	6.3 [6.8/7.00 for 55]
300	NONE	41.0	39.5/39.75
600	NONE	1:38.0	1:32.0/1:33.00
1000	NONE	3:00.0	2:48.0/2:49.00
1600	NONE	5:04.0	4:48.0/4:49.00
3200	NONE	11:00.0	10:25.0/10:26.00
4 X 200 / 240 R.	50 & 300	1 TM. PER SCH.	1:45.0
4 X 400 R.	300 & 600	1 TM. PER SCH.	3:55.0
SPT. MED. R.	50, 300, 600 1000 & 1600	1 TM. PER SCH.	4:00.0
4 X 800 R.	600, 1000 & 1600	1 TM. PER SCH.	9:10.0

\* = Standard for practicing and competing in events. To be achieved in December.  
( ) = Freshman Standard.

NONE = No performance standard required, but, as with all events, attendance, effort and attitude will determine team status.

\*\* = Brooks dry fit uniform from time trials and qualifying meets, or from 2009 Depth Chart, or the first three performers in each event if standards are not achieved. Additional uniforms will be issued pending performance quality.