

2019 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)	5-4	5-8
P.V.	8-0 (7-0)	9-0	10-6
L.J.	16-0 (15-0)	17-4	18-8
S.P.	32-0 (28-0)	35-0	38-0
50 H.H.	9.6 (10.0)	8.7/8.94	8.0/8.24 [8.8/9.04 for 55]
50	6.8 (7.0)/7.04(7.24)	6.4/6.64	6.3/6.54 [6.8/7.04 for 55]
300	NONE	40.0/40.24	39.5/39.74
600	NONE	1:36.0/1:36.24	1:32.0/1:32.24
1000	NONE	2:56.0/2:56.24	2:48.0/2:48.24
1600	NONE	5:00.0/5:00.24	4:48.0/4:48.24
3200	NONE	10:40.0/10:40.24	10:25.0/10:25.24
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.