

2019 FCIAC - STATE-NATIONAL STANDARDS

	FCIAC	STATE	NBIN	NBIN***
SHOT	26-0	28-0	43-02	38-06
LONG JUMP	13-9	14-6	18-08	17-11
HIGH JUMP	4'4"	4-8	5-05.5	5-04.0
POLE VAULT	6'6"	8-0	12-02	11-06
50 HURDLES	9.84			
55 HURDLES	10.74	10.24		
60 HURDLES			8.94	9.04
50 DASH	7.54			
55 DASH	8.14	8.04		
60m			7.64	7.74
300	47.24	46.54	40.14	40.74
600	1:55.24	1:49.74	1:34.80	1:36.50
1000	3:30.24	3:25.24	2:54.50	2:58.8
1500		5:26.24	4:38.00	4:45.00
1600	6:00.0	5:50.24		
3000		11:48.24	10:08.00	10:25.0
3200	13:00.24	12:40.24		
5000m			18:12.00	
4 x 800	<i>4 x relay per team</i>	11:00	9:32.00	9:40
4 X 200	<i>4 x relay per team</i>	2:00	1:44.30	1:45.6
4 X 400	<i>4 x relay per team</i>	4:38	4:01.00	4:04
SMR	<i>4 x relay per team</i>	4:50	4:15.00	4:19.0
DMR			12:26.00	
	FAT	FAT	FAT	FAT