

Conestoga Boys' & Girls' Indoor Track & Field

Standards for Achieving a Varsity Letter

2012 Season:

1. Meet the following performance standards:

| EVENT | BOYS | GIRLS |
|-------------|------------|--------------|
| 60M Dash | 7.7(7.94) | 8.5 (8.74) |
| 60M Hurdles | 9.2 (9.44) | 11.0 (11.24) |
| 200M | 25.0 | 29.0 |
| 400M | 54.0 | 63.5 |
| 800M | 2:05.5 | 2:35.0 |
| MILE | 4:47.0 | 5:45.0 |
| 3000 | 9:45.0 | 11:35.0 |
| SHOT PUT | 37-0 | 33-0 |
| HIGH JUMP | 5-8 | 4-8.5 |
| LONG JUMP | 19-9 | 15-8 |
| TRIPLE JUMP | 40-5 | 31-5 |
| POLE VAULT | 10-6 | 8-6 |



**subtract .24 from an FAT time to convert to hand time.*

(FY: .xx means FAT timing was used, .x means hand time)

**Relay splits are eligibal for these standards.*

2. Earn a medal in any meet, regardless of time. (excludes novice races)
3. School record.
4. Qualify or compete in state championship meet.
5. Seniors who remained in good standing for the entire indoor season during 10th, 11th & 12th grades.

** Athletes who do not reach these standards but follow team guidelines, procedures have excellent practice attance record, will revieve a Junior Varsity certificate*

PTFCA INDOOR TRACK & FIELD

2012 PA STATE MEET ENTRY STANDARDS

| EVENT | FLAT/BANKED TRACK | |
|--------------------|-------------------|-------------------|
| | Girls' | Boys' |
| 55MH/60MH | 8.95/9.65 | 7.95/8.65 |
| 55MD/60MD | 7.43/8.03 | 6.65/7.15 |
| 200m Dash | 26.83/26.43 | 23.33 / 22.93 |
| 400m Dash | 61.03/60.53 | 51.83 / 51.33 |
| 800m Run | 2:24.93/2:24.33 | 2:01.23 / 2:00.63 |
| Mile Run | 5:23.93/5:23.23 | 4:32.93/4:32.23 |
| 3000m | 10:45.63/10:44.83 | 9:00.23 / 8:59.63 |
| 4x200m | 1:50.23/1:48.63 | 1:35.17 / 1:33.57 |
| 4x400m | 4:11.40 / 4:09.40 | 3:33.23 / 3:31.23 |
| 4x800m | 9:58.78/9:56.38 | 8:22.06 / 8:19.66 |
| DMR | 12:57.05/12:53.05 | 10:49.23/10:46.73 |
| Shot Put | 37-0 | 51-0 |
| High Jump | 5-2 | 6-3 |
| Long Jump | 17-03 | 21 9 |
| Triple Jump | 35-3 | 43 3 |
| Pole Vault | 10-6 | 13-6 |

** Add a .24 conversion from any hand time to FAT (Fully Automatic Timing)*