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## QUALIFYING STANDARDS

Listed below are Qualifying Standards which have been determined by the Track Committee. Coaches must enter only those athletes who have achieved these standards.

### EASTERN MASSACHUSETTS 2012 BOYS QUALIFYING STANDARDS

EVENT	DIVISION I		DIVISION II		DIVISION III		DIVISION IV	
	STANDARD	FAT	STANDARD	FAT	STANDARD	FAT	STANDARD	FAT
SHOT PUT	44' 3"		44'		42'		41'"	
DISCUS	124'		124'		119'		115'	
JAVELIN	152'		150'		147'		140'	
L.J.	20' 2"		20' 2"		20'		19'	
T.J.	40' 5"		41'		39'		38' 2"	
H.J.	5' 10"		5' 10"		5' 10"		5' 9"	
P.V.	10' 6"		10' 6"		9' 6"		10'	
100 M	11.2	11.44	11.2	11.44	11.4	11.64	11.8	12.04
200 M	23.4	23.64	23.4	23.64	23.9	24.14	24.4	24.64
400 M	52.4	52.64	53.0	53.24	53.5	53.74	55.0	55.24
800 M	2:04.0	2:04.24	2:05.0	2:05.24	2:05.0	2:05.24	2:09.0	2:09.24
MILE	4:40.0	4:40.24	4:40.0	4:40.24	4:46.0	4:46.24	4:54.0	4:54.24
TWO MILE	10:05.0	10:05.24	10:15.0	10:15.24	10:24.0	10:24.24	10:44.0	10:44.24
110 HURDLE	16.0	16.24	16.60	16.84	16.5	16.74	17.8	18.04
400 HURDLE	61.00	61.24	62.00	62.24	62.50	62.74	62.8	63.04
400 RELAY	46.4	46.64	46.40	46.64	46.6	46.84	47.9	48.14
1600 RELAY	3:40.0	3:40.24	3:40.0	3:40.24	3:41.0	3:41.24	3:49.0	3:49.24
3200 RELAY	8:35.0	8:35.24	8:40.0	8:40.24	8:49.0	8:49.24	9:11.0	9:11.24

### EASTERN MASSACHUSETTS 2012 GIRLS QUALIFYING STANDARDS

EVENT	DIVISION I		DIVISION II		DIVISION III		DIVISION IV	
	STANDARD	FAT	STANDARD	FAT	STANDARD	FAT	STANDARD	FAT
SHOT PUT	30'		30' 5"		30'		29' 4"	
DISCUS	87'		87'		86'		86'	
JAVELIN	93'		93'		93'		91'	
L.J.	15' 9"		15' 10"		15' 8"		15' 4"	
H.J.	4' 11"		4' 11"		4' 11"		4' 10"	
T.J.	33' 0"		33'		32'		31' 6"	
P.V.	8' 0"		8' 0"		7' 6"		7' 0"	
100 M	13.3	13.54	13.0	13.24	13.1	13.34	13.4	13.64
200 M	27.5	27.74	27.5	27.74	27.1	27.34	28.4	28.64
400 M	63.5	63.74	63.0	63.24	64.0	64.24	65.0	65.24
800 M	2:29.0	2:29.24	2:29.0	2:29.24	2:33.0	2:33.24	2:37.0	2:37.24
MILE	5:35.0	5:35.24	5:40.0	5:40.24	5:47.0	5:47.24	5:50.0	5:50.24
TWO MILE	12:20.0	12:20.24	12:25.0	12:25.24	12:40.0	12:40.24	12:50.0	12:50.24
100 MH	17.3	17.54	17.30	17.54	17.4	17.64	17.5	17.74
400 MH	71.00	71.24	71.00	71.24	71.00	71.24	73.5	73.74
400 RELAY	55.5	55.74	54.0	54.24	54.0	54.24	55.7	55.94
1600 RELAY	4:30.0	4:30.24	4:28.0	4:28.24	4:32.0	4:32.24	4:38.5	4:38.74
3200 RELAY	10:32.0	10:32.24	10:35.0	10:35.24	10:48.0	10:48.24	11:08.0	11:08.24

**CENTRAL MASSACHUSETTS  
QUALIFYING STANDARDS 2012**

Event	Boys		Girls	
	STANDARD	FAT	STANDARD	FAT
100 METERS	11.7	11.94	13.4	13.64
200 METERS	24.3	24.54	28.0	28.24
400 METERS	54.3	54.54	64.0	64.24
800 METERS	2:07.0	2:07.24	2:35.0	2:35.24
ONE MILE	4:50.0	4:50.24	5:52.0	5:52.24
TWO MILES	10:28.0	10:28.24	12:38.6	12:38.84
100 METER HURDLES			17.6	17.84
110 METER HIGH HURDLES	17.5	17.74		
400 METER HURDLES	62.8	63.04	73.0	73.24
400 METER RELAY	47.3	47.54	55.0	55.24
1600 METER RELAY	3:49.0	3:49.24	4:44.0	4:44.24
3200 METER RELAY	9:00.0	9:00.24	11:35.0	11:35.24
POLE VAULT	10'6"		8'0"	
JAVELIN	140'		92'	
SHOT PUT	41'		29'	
DISCUS	112'		84'	
LONG JUMP	19'0"		15'0"	
HIGH JUMP	5'8"		4'10"	
TRIPLE JUMP	39'		32'	

**WESTERN MASSACHUSETTS  
QUALIFYING STANDARDS 2012**

EVENT	BOYS	GIRLS
	STANDARD	STANDARD
100 METERS	11.7	13.5
100 HURDLES		18.0
110 HURDLES	17.7	
200 METERS	24.4	28.4
400 METER HURDLES	63.0	73.0
400 METERS	54.7	65.5
800 METERS	2:08.3	2:36.3
ONE MILE	4:50.0	5:57.0
TWO MILE	10:50	13:00
400 METER RELAY	One per school	One per school
1600 METER RELAY	One per school	One per school
3200 METER RELAY	One per school	One per school
LONG JUMP	18' 10"	15' 0"
TRIPLE JUMP	39' 0"	32' 0"
HIGH JUMP	5' 8"	4' 10"
POLE VAULT	10' 6"	7' 6"
SHOT PUT	40' 0"	28' 0"
DISCUS	115' 0"	84' 0"
JAVELIN	140' 0"	85' 0"