

INDOOR TRACK QUALIFYING STANDARDS

Division I

	<u>Men</u>	<u>Women</u>
Shot Put	42 ft.	30 ft.
High Jump	5 ft. 10 in.	4 ft. 10 in.
Long Jump	19 ft. 6 in.	15 ft. 3 in.
55m HH	8.94	9.74
55m Dash	6.94	7.74
300m	38.54	44.74
600m	1:29.24	1:45.24
1000m	2:43.24	3:13.24
1500m	4:20.24	5:05.24
3000m	9:25.24	11:10.24
4x400m Relay	*	*
4x160m Relay	*	*
4x800m Relay	**	**

*Top 12 relay teams will be chosen according to NH Indoor Track League Battlenotes

**Top 9 relay teams will be chosen according to NH Indoor Track League Battlenotes