

2009 OUTDOOR TRACK AND FIELD STANDARDS FOR COMPETITION:

EVENT	TEAM *	FCIAC **	CIAC 'LL' ***
H J	5-0	5-8	5-10
P V	8-0	10-6	11-0
L J	16-0	19-0	20-0
T J	32-0	39-0	39-6
S P	30-0	42-0	44-0
D T	80-0	120-0	125-0
J T	90-0	145-0	145-0
100	13.0	11.6	11.5
200	26.5	24.1	23.8
400	1:02.0	53.8	53.5
800	2:30.0	2:06.5	2:05.5
1600	6:00.0	4:44.0	4:39.0
3200	12:30.0	10:30.0	10:15.0
5000#	21:00.0	N/A	N/A
110 H H	22.0	17.0	16.2
300 I H	51.0	43.5	43.0
4 X 100 R	100, 200 & 400	O. T. P. S.	46.3
4 X 400 R	200, 400 & 800	O. T. P. S.	3:40.0
4 X 800 R	400, 800 & 1600	O. T. P. S.	8:50.0

* = Guidelines for competition. Everyone competes. No one will be cut who is here and works hard.

** = Competition by standard and also by the top twenty-four entries.

*** = Competition by standard only.

= This event is only run at some selected meets.

O. T. P. S. = One Team Per School.