

45th Meet of Champions

Qualifying Procedures:

NOTE: 2009-10 Indoor Season entry into the Meet of Champions will be as follows:

*ALL FIRST AND SECOND PLACES IN REGULAR SEASON MEETS (TFCAofGP ONLY) ARE AUTOMATIC QUALIFIERS.

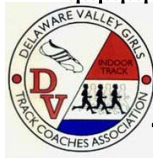
*IN ADDITION, ATHLETES/RELAY TEAMS WHO MEET OR BETTER THE FOLLOWING STANDARDS IN ASSOCIATION MEETS WILL QUALIFY FOR THE MEET OF CHAMPS.

Meet of Champs 2009 Qualifying Standards



Event	Hand Time	FAT
4x200m	01:38.0	01:38.24
DMR	11:07.0	11:07.24
60m	7.2	7.44
60HH	8.8	9.04
Mile	04:40.0	04:40.24
400m	53.8	54.04
800m	02:04.8	02:05.04
200m	24.0	24.24
3000m	09:20.0	09:20.24
4x800m	08:30.0	08:30.24
4x400	03:39.7	03:39.94
High Jump	5 10	
Long Jump	20 6	
Triple Jump	41 6	
Shot Put	46 0	
Pole Vault	12 0	

AWARDS for the Meet of Champions will be the Association Medal to individuals first through sixth place



29th DVGTC Meet of Champs:

- v To qualify for the Meet of Champs an athlete or relay team must place in the top 6 of a standard running (i.e. **not** the 300m, 600m, or 1000m) or field event during the course of the indoor regular DVGTC meet season. Meet of Champs will also take athletes in the final top 20.
- v A running list of qualifiers for the Meet of Champs is maintained on DV [com](http://www.dvgtc.com)

PTFCA GIRLS' INDOOR TRACK & FIELD

2010 PA STATE MEET ENTRY STANDARDS

EVENT	FLAT/BANKED TRACK
55MH/60MH	8.95/9.65
55MD/60MD	7.43/8.03
<i>200m Dash</i>	<i>26.83/26.43</i>
<i>400m Dash</i>	<i>60.03/60.53</i>
<i>800m Run</i>	<i>2:24.93/2:24.33</i>
<i>Mile Run</i>	<i>5:23.93/5:23.23</i>
<i>3000m</i>	<i>10:45.63/10:44.83</i>
<i>4x200m</i>	<i>1:50.23/1:48.63</i>
<i>4x400m</i>	<i>4:11.40 /4:09.40</i>
<i>4x800m</i>	<i>9:58.78/9:56.38</i>
<i>DMR</i>	<i>12:57.05/12:53.05</i>
<i>Shot Put</i>	<i>37-0</i>
High Jump	5-2
Long Jump	17-00
<i>Triple Jump</i>	<i>35-0</i>
<i>Pole Vault</i>	<i>10-6</i>

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

Red, Italicized Standards have changed from 2008

PTFCA BOYS' INDOOR TRACK & FIELD
2010 PA STATE CHAMPIONSHIP STANDARDS

EVENT	FLAT/BANKED TRACK
55MH/60MH	7.95/8.65
55MD/60MD	6.65/7.15
<i>200m Dash</i>	<i>23.46 / 23.06</i>
<i>400m Dash</i>	<i>52.23 / 51.73</i>
800m Run	2:01.83 / 2:01.23
<i>Mile Run</i>	<i>4:32.93/4:32.23</i>
3000m	9:03.63 / 9:02.83
<i>4x200m</i>	<i>1:35.17 / 1:33.57</i>
<i>4x400m</i>	<i>3:33.23 / 3:31.23</i>
<i>4x800m</i>	<i>8:22.06 / 8:19.66</i>
<i>DMR</i>	<i>10:49.25/10:45.25</i>
<i>Shot Put</i>	<i>51-</i>
High Jump	6-3
Long Jump	21-9
Triple Jump	43-3
Pole Vault	13-6

* +.24 conversion from hand time to FAT (Fully Automatic Timing)

Red, Italicized Standards have changed from 2008

Nike Indoor Nationals

March 12-14th 2010

Entry Guidelines

	BOYS	GIRLS
60m	7.1/7.43	7.9/8.23
200m	22.8/22.94	25.9/26.04
400m	50.6/50.74	58.8/58.94
800m	1:58.5	2:19.0
Mile Run	4:23.0	5:06.0
Freshman Mile	4:44.0	5:22.0
3000	9:00.0	10:40.0
60 Meter	8.2/8.54	9.3/9.63
4x200m	1:35.0	1:48.0
4x400m	3:31.0	4:07.0
4x800m	8:12.0	9:46.0
4xMile	18:00.0	21:35
1600m Medley	3:42.0	4:21.0
Distance Medley	10:48.0	12:45.0
High Jump	6-4	5-3
Pole Vault	14-3	11-3
Long Jump	22-6	18-0
Triple Jump	45-0	37-0
Shot Put	52-6	39-0

