

South Carolina Track and Cross Country Coaches' Association

Track and Field

2019 All-State Standards

Athletes who meet one or both of the criteria below will be named to the SCTCCCA All State Team for the current track season:

1. Event winners from each classification will automatically be named to the All-State Team.
2. Any athlete who equals or betters the all-state performance criteria below will be named to the All-State Team.

<u>Event</u>	<u>Boys</u>	<u>Girls</u>	<u>Event</u>
100 m	10.65	12.05	100 m
200 m	21.90	24.90	200 m
400 m	49.50	57.50	400 m
800 m	1:58.00	2:20.00	800 m
1600 m	4:25.00	5:15.00	1600 m
3200 m	9:40.00	11:40.00	3200 m
110 HH	14.70	15.00	100 HH
400 IH	56.40	1:05.00	400 IH
4x100m	42.25	48.00	4x100m
4x400m	3:23.00	4:00.00	4x400m
4x800m	8:10.00	10:00.00	4x800m
High Jump	6' 6"	5' 4"	High Jump
Pole Vault	14' 0"	11' 0"	Pole Vault
Long Jump	22' 6"	17' 0"	Long Jump
Triple Jump	46' 0"	37' 0"	Triple Jump
Shot Put	51' 6"	37' 0"	Shot Put
Discus	150' 0"	120' 0"	Discus