

2012 AT-LARGE QUALIFIERS

Any student-athlete who participates in NCS/Les Schwab Tires Class A or Area Championship meet and does not qualify by place to the NCS/Les Schwab Tires MOC Championships but meets or exceeds the standards below during the Class A or Area Championship will automatically qualify for the NCS/Les Schwab Tires MOC Championships.

At-large Standards for 2012

Boys

4 x 100-meter Relay	43.29
1600-meter run	4:21.43
110-meter H.H.	15.29
400-meter dash	50.35
100-meter dash	11.34
800-meter run	1:58.02
300-meter I.H.	40.12
200-meter dash	22.66
3200-meter run	9:29.58
4 x 400-meter Relay	3:26.73
Long Jump	21'05.75"
Triple Jump	44'03.25"
High Jump	6'01"
Shot Put	50'00.50"
Discus	150'01.5"
Pole Vault	13'02"

Girls

4 x 100-meter Relay	49.63
1600-meter run	5:10.14
100-meter H.H.	15.34
400-meter dash	58.96
100-meter dash	12.57
800-meter run	2:18.66
300-meter I.H.	46.38
200-meter dash	25.87
3200-meter run	11:10.81
4 x 400-meter Relay	4:05.76
Long Jump	17'05.75"
Triple Jump	35'09.50"
High Jump	5'01"
Shot Put	35'05.00"
Discus	111'11"
Pole Vault	10'05"

