

## 2010 TRACK AND FIELD NATIONAL HONOR ROLL — GIRLS

### National Federation of State High School Associations

PO Box 690

Indianapolis, IN 46206

Each year the NFHS publishes in the National High School Sports Record Book a National High School Honor Roll for Track and Field, listing the best performances made by high school boys and girls under standard conditions. **IN ORDER TO BE CONSIDERED FOR LISTING ON THE NATIONAL HONOR ROLL, PERFORMANCES MUST:**

1. Be approved by, **and submitted through, the state high school association executive officer;**
2. Be made by eligible high school athletes whose schools are members of their state high school athletic/activity associations;
3. Be made in interscholastic and sanctioned by the  
state high school association;
4. Be made in an event limited to high school contestants who are representing their respective high schools in competition;
5. **Not be wind-aided** (exceeding 4.473 mph) for the sprints, hurdles, long or triple jumps.

Please send your list of candidates to the National Federation immediately after the close of your track season (not later than June 15, 2010). Please double-check all performances so that they comply with the above standards. **IF THERE ARE NO CANDIDATES FROM YOUR STATE WHO MEET THE MINIMUM PERFORMANCE STANDARDS, PLEASE CHECK THE BOX ON THE REVERSE SIDE OF THIS FORM AND MAIL THE FORM BACK TO THE NFHS OFFICE IN INDIANAPOLIS.**

**PLEASE NOTE:** Performances made in running events will be recognized only in the METRIC DISTANCES listed below. DO NOT USE the conversion tables to submit performances made in races at English measurement distances.

In order that consideration be given to all worthy performances, it is suggested recommendations be forwarded for any performance equal to, or better than, the following minimums:

100 meters.....:11.80	100 m high hurdles (33") :14.10	High jump..... 5'8"
200 meters.....:24.00	300 m low hurdles..... :43.00	Long jump ..... 19'0"
400 meters.....:55.00	400 m relay ..... :47.00	Triple jump ..... 39'5"
800 meters..... 2:11.00	800 m relay ..... 1:42.00	Shot put..... 44'8"
1600 meters..... 4:52.00	1600 m relay ..... 3:48.00	Discus throw..... 148'0"
3200 meters... 10:38.00	3200 m relay ..... 9:18.00	Javelin throw ..... 139'0"
		Pole vault..... 12'5"

SEE REVERSE SIDE FOR HONOR ROLL APPLICATIONS

