

**2004 NORTHERN CALIFORNIA TRACK & FIELD
QUALIFYING STANDARDS - MEN**

1/12/04

	Provisional	Nor Cal	Automatic
100 meter dash	11.12	10.89	10.66
200 meter dash	22.86	22.06	21.67
400 meter dash	51.02	49.46	48.31
800 meter dash	01:59.7	01:57.6	01:54.8
1500 meter dash	04:17.0	04:08.5	04:01.4
3000 meter steeplechase	10:59.9	10:13.7	09:48.6
5000 meter run	16:25.0	16:06.9	15:35.0
10,000 meter run	35:20.0	34:11.5	33:09.0
110 meter hurdles	16.55	15.66	14.97
400 meter hurdles	59.64	56.23	54.27
4 x 100 relay	Top 24	42.96	41.76
4 x 400 relay	Top 24	03:23.5	03:17.2
High jump	6' 1"	6' 3"	6' 6"
Pole vault	12' 9"	13' 10"	14' 9"
Long jump	21' 3"	21' 11"	23' 1"
Triple jump	41' 0"	43' 10"	46' 10"
Shot put	42' 6"	45' 4"	48' 7"
Discus	129' 3"	139' 10"	149' 5"
Javelin	153' 0"	161' 2"	178' 3"
Hammer	118' 3"	142' 8"	158' 9"

DECATHLON: 5500 points in decathlon competition OR verifiable seasonal marks in 8 events which add up to a score of 4600 points. In the event of fewer than 12 qualifiers, the field will be filled to 12 based on the next best scores down to a minimum score of 4100 in 8 events.

We will only convert from manual to fully automatic for events from the 800 meters down. The conversion from manual timing to fully automatic is (+.24) for the 100, 200, & 110 HH.

All converted marks must be approved by Nor Cal committee before acceptance as an official mark.

Meet directors are advised to note the Nor Cal Standard and the Automatic Standard for the high jump and pole vault; please, adjust the height increments appropriately during your meets when possible.

"Automatic Standard" may be met in any official meet during the season. The athlete need not participate in their conference meet in that (or in any) event to qualify for the NC Trials with the Automatic Standard.

"Nor Cal Standard" may be met in any official meet during the season. The athlete must participate with honest effort in the conference meet in that event to qualify for the NC Trials with the NC Standard.

"Provisional Standard" indicates the minimum mark to be considered when qualifying athletes off of the top marks list. (A maximum of 24 athletes will be entered into any Nor Cal event; not all athletes who meet the provisional standard will qualify for the NC Trials.) The athlete must participate in their conference meet with honest effort "in all rounds" in that event to qualify for the NC Trials off the Top Marks list.

Any relay team must compete in the Conference Meet to qualify for the Nor Cal Trials.