

# CCC Standards 2010

Automatic Entry into the CCC Championships

Varsity Boys		Frosh-Soph Boys			Varsity Girls		Frosh-Soph Girls	
<u>FAT</u>	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>		<u>FAT</u>	<u>Hand</u>	<u>FAT</u>	<u>Hand</u>
11.82	11.6	12.38	12.1	<b>100</b>	13.84	13.6	14.79	14.5
24.50	24.2	25.26	25.0	<b>200</b>	28.65	28.4	31.67	31.4
55.58		58.76		<b>400</b>	69.34		76.32	
2:13.2		2:24.4		<b>800</b>	2:50.5		3:03.6	
4:52.0		5:10.4		<b>1600</b>	6:08.5		7:14.9	
11:17.2		12:08.0		<b>3200</b>	14:54.4		17:00.0	
17.80		20.47		<b>110H</b>	19.99		22.87	
44.24		49.64		<b>300H</b>	55.98		65.15	
41' 6"		38' 7"		<b>SP</b>	26' 5"		21' 11"	
113' 10"		98' 0"		<b>DT</b>	80' 10"		56' 9"	
18' 9"		16' 7"		<b>LJ</b>	14' 3"		11' 7"	
37' 7"		35' 0"		<b>TJ</b>	29' 10"		22' 10"	
5' 2"		5' 0"		<b>HJ</b>	4' 3"		4' 1"	
10' 4"		8' 4"		<b>PV</b>	6' 10"		6' 4"	

revised: May 15, 2009