

2010 NYSCTC INDOOR TRACK & FIELD CHAMPIONSHIP
Gordon Field House / RIT
Mark Standards Report

Event	NYSA	NYSB
Event 1 Men 55 Meter Dash	6.80	7.00
Event 2 Women 55 Meter Dash	7.80	8.10
Event 3 Men 55 Meter Hurdles	8.26	9.50
Event 4 Women 55 Meter Hurdles	9.31	10.50
Event 5 Men 200 Meter Dash	23.34	24.24
Event 6 Women 200 Meter Dash	27.54	28.84
Event 7 Men 400 Meter Dash	51.54	54.24
Event 8 Women 400 Meter Dash	62.24	66.84
Event 9 Men 500 Meter Dash	68.44	72.24
Event 10 Women 500 Meter Dash	1:23.04	1:30.24
Event 11 Men 800 Meter Run	1:59.24	2:04.24
Event 12 Women 800 Meter Run	2:27.24	2:35.24
Event 13 Men 1000 Meter Run	2:38.24	2:44.24
Event 14 Women 1000 Meter Run	3:12.24	3:28.24
Event 15 Men 1 Mile Run	4:25.24	4:36.24
Event 16 Women 1 Mile Run	5:30.24	5:45.24
Event 17 Men 3000 Meter Run	8:55.24	9:20.24
Event 18 Women 3000 Meter Run	11:10.24	11:55.24
Event 19 Men 5000 Meter Run	15:35.24	16:30.24
Event 20 Women 5000 Meter Run	19:35.24	21:00.24
Event 21 Men 4x200 Meter Relay		
Event 22 Women 4x200 Meter Relay		
Event 23 Men 4x400 Meter Relay		
Event 24 Women 4x400 Meter Relay		
Event 25 Men 4x800 Meter Relay		
Event 26 Women 4x800 Meter Relay		
Event 27 Men Distance Medley		
Event 28 Women Distance Medley		
Event 29 Men High Jump	1.83m	1.72m
Event 30 Women High Jump	1.50m	1.37m
Event 31 Men Pole Vault	3.96m	3.65m
Event 32 Women Pole Vault	2.90m	2.43m
Event 33 Men Long Jump	6.30m	6.00m
Event 34 Women Long Jump	4.90m	4.50m
Event 35 Men Triple Jump	12.60m	11.58m
Event 36 Women Triple Jump	10.20m	9.14m
Event 37 Men Shot Put	13.00m	11.58m
Event 38 Women Shot Put	10.50m	9.30m
Event 39 Men Weight Throw 35#	13.50m	10.50m
Event 40 Women Weight Throw 20#	13.00m	9.50m
Event 41 Men Indoor Pentathlon		2400
Event 42 Women Indoor Pentathlon		2000
Event 43 Men 60 Meter Dash	7.30	7.50
Event 44 Women 60 Meter Dash	8.26	8.68
Event 45 Men 60 Meter Hurdles	8.82	10.15
Event 46 Women 60 Meter Hurdles	9.94	11.21

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Event **NYSA** **NYSB**

Event 47 Men Indoor Pentathlon

Event 48 Women Indoor Pentathlon