



**2010  
BSSSCCTFA  
BC Secondary Schools Cross Country  
and  
Track & Field Association**



**BC High School Track & Field Championship Alternate List**

An athlete may gain entry through an alternate list in the following ways only:

1. Was unable to complete in the zone meet due to sickness, injury, or other extenuating circumstances, but has achieved a standard in a previous sanctioned meet.
2. Completed in the zone meet but did not qualify and must have exceeded the minimum standard established as the median of the eighth place finish in the last three Provincial Meets (This does not apply to Cross Country).

*NOTE: THIS APPLICATION MUST BE ACCOMPANIED BY THE \$15.00 ENTRY FEE PER EVENT OR \$35.00 ENTRY FEE PER RELAY TEAM*

*THIS APPLICATION DOES NOT GUARANTEE THE ATHLETE ENTRY INTO THE MEET.*

*NOTE: Equivalent electric times will have priority over hand times*

**2010 Standards**

**Mens Events**

100	11.39
200	23.31
400	52.69
800	2:01.71
1500	4:13.69
3000	9:15.00
110 meter Hurdles	17.34
400 meter Hurdles	62.42
2000 m Steeplechase	6:27.65
1500 meter Racewalk	8:10.63
4x100 m Relay	45.50
4x400 m Relay	3:31.39
Shot	12.15
Discus	40.19
Javelin	46.60
Hammer	41.14
High Jump	1.80
Long Jump	6.05
Triple Jump	12.46
Pole Vault	3.30

**Womens Events**

100	12.82
200	26.55
400	59.51
800	2:26.71
1500	4:58.45
3000	11:03.49
110 meter Hurdles	16.83
400 meter Hurdles	71.61
2000 m Steeplechase	5:35.93
1500 meter Racewalk	8:51.88
4x100 m Relay	51.79
4x400 m Relay	4:18.40
Shot	9.42
Discus	29.10
Javelin	32.81
Hammer	33.01
High Jump	1.55
Long Jump	4.89
Triple Jump	10.53
Pole Vault	2.50