

2010 NYSCTC OUTDOOR CHAMPIONSHIP**Rensselaer****5/1/2010 to 5/2/2010****Mark Standards Report**

Event	NYSA	NYSB
Event 1 Men 100 Meter Dash	11.40	12.00
Event 2 Women 100 Meter Dash	13.24	14.00
Event 3 Men 110 Meter Hurdles	16.50	19.00
Event 4 Women 100 Meter Hurdles	16.80	19.00
Event 5 Men 200 Meter Dash	22.90	23.84
Event 6 Women 200 Meter Dash	27.04	28.24
Event 7 Men 400 Meter Dash	50.94	52.84
Event 8 Women 400 Meter Dash	62.04	64.64
Event 9 Men 400 Meter Hurdles	58.74	64.24
Event 10 Women 400 Meter Hurdles	72.24	1:20.24
Event 11 Men 800 Meter Run	1:59.24	2:02.24
Event 12 Women 800 Meter Run	2:25.54	2:30.24
Event 13 Men 1500 Meter Run	4:05.24	4:15.24
Event 14 Women 1500 Meter Run	5:05.24	5:15.24
Event 15 Men 3000 Meter Steeplechase	10:15.24	10:59.24
Event 16 Women 3000 Meter	13:00.24	13:45.24
Event 17 Men 5000 Meter Run	15:35.24	16:20.24
Event 18 Women 5000 Meter Run	19:45.24	20:30.24
Event 19 Men 10000 Meter Run	33:30.24	35:00.24
Event 20 Women 10000 Meter Run	44:00.00	47:00.24
Event 21 Men 4x100 Meter Relay		
Event 22 Women 4x100 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 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	2.59m
Event 33 Men Long Jump	6.30m	6.00m
Event 34 Women Long Jump	4.75m	4.50m
Event 35 Men Triple Jump	12.60m	11.58m
Event 36 Women Triple Jump	10.00m	9.14m
Event 37 Men Shot Put	13.00m	11.58m
Event 38 Women Shot Put	10.00m	9.30m
Event 39 Men Discus Throw	36.00m	33.52m
Event 40 Women Discus Throw	32.50m	27.43m
Event 41 Men Hammer Throw	40.00m	30.48m
Event 42 Women Hammer Throw	40.00m	27.43m
Event 43 Men Javelin Throw	45.00m	40.00m
Event 44 Women Javelin Throw	27.43m	22.86m
Event 47 Men Decathlon		4400
Event 48 Women Heptathlon		2600
Event 49 Men Decathlon Combined Pts		4400
Event 50 Women Heptathlon Combined		2600