

## **2014-2015 All-County Standards**

### **MTCA All-County Honors for Cross Country**

- Top 5 at Mercer County Championships
- Place in top 20 at Meet of Champions
- MTCA executive committee vote for 3 open spots

### **MTCA All-County Honors for Winter Track and Field**

(individuals only, no relays)

- Win at Mercer County Tournament
- Place in top 8 at Meet of Champions
- Perform better than listed standards (njrunners.com - top 8 performances in state from previous year)
- Have the top county mark in event (njrunners.com posted list)

|        | <u>Girls</u> | <u>Boys</u> |
|--------|--------------|-------------|
| 55 m   | 7.21         | 6.53        |
| 200 m  | 25.85        | 23.02       |
| 400 m  | 57.32        | 49.53       |
| 800 m  | 2:15.06      | 1:55.31     |
| 1600 m | 4:59.22      | 4:19.03     |
| 3200 m | 10:56.42     | 9:26.69     |
| 55 m H | 8.28         | 7.59        |
| HJ     | 5' 4"        | 6' 6"       |
| PV     | 11' 0"       | 14' 6"      |
| Shot   | 41' 7.75"    | 54' 9"      |
| LJ     | 17' 7.25"    | 22' 1"      |
| *TJ    | 36' 8.5"     | 45' 0.25"   |

\* not contested at county championship

### **MTCA All-County Honors for Spring Track and Field**

(individuals only, no relays)

- Win at Mercer County Tournament
- Place in top 8 at Meet of Champions
- Perform better than listed standards (njrunners.com - top 8 performances in state from previous year)
- Have the top county mark in event (njrunners.com posted list)

|             | <u>Girls</u> | <u>Boys</u> |
|-------------|--------------|-------------|
| 100 m       | 12.01        | 10.78       |
| 200 m       | 24.68        | 21.77       |
| 400 m       | 55.50        | 48.28       |
| 800 m       | 2:11.29      | 1:53.32     |
| 1600 m      | 4:52.12      | 4:14.67     |
| 3200 m      | 10:39.15     | 9:12.22     |
| 110/100 m H | 14.30        | 14.41       |
| 400 m H     | 1:01.90      | 54.29       |
| HJ          | 5' 6"        | 6' 6"       |
| PV          | 11' 6"       | 14' 8.25"   |
| LJ          | 18' 3.75"    | 22' 9.75"   |
| TJ          | 38' 4.25"    | 46' 8.25"   |
| Shot        | 41' 11.25"   | 56' 7.25"   |
| Discus      | 130' 5"      | 169' 1"     |
| Javelin     | 132' 10"     | 195' 0.25"  |