

## **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"