

Boys' Track Qualifying Standards

Event	1A	2A	3A	4A	5A
100 M. Dash	11.92	11.68	11.55	11.36	11.22
200 M. Dash	24.00	23.57	23.16	22.96	22.66
400 M. Dash	53.57	52.40	51.49	50.69	50.30
800 M. Run	2:08.16	2:06.21	2:01.68	1:59.54	1:58.64
1600 M. Run	4:47.86	4:47.00	4:33.72	4:29.12	4:26.60
3200 M. Run	10:33.61	10:36.40	10:00.57	9:50.93	9:44.99
110 M. Hurdles	17.64	16.92	16.22	15.88	15.52
300 M. Hurdles	44.10	43.16	41.70	40.98	40.83
4x100 M. Relay	47.97	46.29	45.41	44.42	43.88
Medley Relay	4:03.22	3:56.90	3:43.39	3:43.85	3:39.87
4x400 M. Relay	3:54.99	3:41.50	3:34.02	3:29.47	3:27.83
Discus	117' 7"	125' 7"	133' 10"	133' 10"	144' 11"
Javelin	148' 11"	152' 2"	156' 11"	157' 2"	154' 11"
Shot Put	40' 6"	42' 3"	45' 6"	46' 2"	47' 11"
High Jump	5' 11"	5' 10"	6' 0"	6' 1"	6' 2"
Long Jump	18' 11"	19' 6"	19' 11"	20' 7"	20' 11"
Pole Vault	8' 6"	11' 2"	9' 3"	10' 6"	12' 8"

Girls' Track Qualifying Standards

Event	1A	2A	3A	4A	5A
100 M. Dash	13.84	13.35	13.05	12.99	12.76
200 M. Dash	28.63	27.57	26.67	26.52	26.10
400 M. Dash	1:05.33	1:02.83	59.90	59.69	59.35
800 M. Run	2:35.78	2:30.81	2:23.62	2:24.61	2:20.69
1600 M. Run	5:50.57	5:45.21	5:22.40	5:21.40	5:15.38
3200 M. Run	12:57.75	12:53.51	11:46.91	11:40.43	11:32.24
100 M. Hurdles	17.93	17.65	16.54	16.34	15.89
300 M. Hurdles	50.97	50.53	47.94	47.79	46.35
4x100 M. Relay	56.61	53.46	51.63	51.10	50.72
Medley Relay	4:52.06	4:41.99	4:28.07	4:25.14	4:22.92
4x400 M. Relay	4:38.98	4:26.52	4:12.06	4:09.26	4:05.49
Discus	84' 9"	90' 5"	103' 7"	102' 9"	106' 9"
Javelin	98' 5"	101' 11"	106' 9"	106' 1"	108' 1"
Shot Put	29' 10"	30' 10"	33' 1"	34' 6"	35' 1"
High Jump	4' 8"	4' 9"	5' 0"	5' 1"	5' 0"
Long Jump	14' 10"	15' 6"	16' 3"	16' 0"	16' 3"

formula to calculate the standard: $(3X + Y) \text{ divided by } 4 = \text{new standard}$ $X = \text{current standard}$, $Y = \text{previous year 6th place performance}$