

Updated March 14, 2011

UHSAA Track & Field State Qualifying Standards

2011

Girls' Standards

Event	1A	2A	3A	4A	5A
100 M. Dash	13.84	13.43	13.10	12.97	12.76
200 M. Dash	28.67	27.70	26.76	26.48	26.18
400 M. Dash	1:05.83	1:02.97	1:00.10	59.82	59.55
800 M. Run	2:35.77	2:32.27	2:24.94	2:23.55	2:20.86
1600 M. Run	5:50.71	5:48.46	5:27.10	5:21.28	5:16.89
3200 M. Run	12:59.64	13:05.28	11:50.96	11:41.64	11:33.81
100 M. Hurdles	18.18	17.61	16.74	16.96	15.96
300 M. Hurdles	51.39	50.92	48.13	48.16	46.91
4x100 M. Relay	56.70	54.39	52.05	51.02	50.76
Medley Relay	4:55.22	4:48.10	4:28.27	4:25.90	4:24.79
4x400 M. Relay	4:38.66	4:31.82	4:13.59	4:09.46	4:07.44
Discus	84' 11"	87' 7"	102' 10"	98' 7"	104' 11"
Javelin	96' 8"	99' 11"	105' 5"	106' 11"	107' 0"
Shot Put	30' 3"	30' 11"	32' 11"	34' 6"	35' 2"
High Jump	4' 8"	4' 9"	4' 11"	5' 1"	5' 0"
Long Jump	14' 7"	15' 4"	16' 2"	16' 2"	16' 1"

Boys' Standards

Event	1A	2A	3A	4A	5A
100 M. Dash	12.01	11.71	11.54	11.38	11.24
200 M. Dash	24.01	23.57	23.16	23.05	22.78
400 M. Dash	53.81	52.88	51.94	50.71	50.50
800 M. Run	2:09.67	2:07.06	2:02.29	1:59.72	1:58.61
1600 M. Run	4:51.17	4:50.73	4:35.88	4:28.83	4:26.75
3200 M. Run	10:41.65	10:49.83	10:02.86	9:50.17	9:44.32
110 M. Hurdles	17.65	17.10	16.22	16.03	15.60
300 M. Hurdles	44.13	43.69	41.71	40.99	40.83
4x100 M. Relay	48.46	46.32	45.39	44.58	44.10
Medley Relay	4:07.85	4:00.01	3:45.46	3:45.03	3:41.36
4x400 M. Relay	3:59.88	3:45.56	3:35.38	3:29.69	3:28.41
Discus	116' 3"	121' 10"	132' 6"	132' 6"	142' 3"
Javelin	149' 7"	148' 0"	159' 5"	157' 10"	155' 2"
Shot Put	40' 3"	41' 4"	45' 2"	45' 9"	47' 11"
High Jump	5' 11"	5' 10"	6' 0"	6' 1"	6' 2"
Long Jump	18' 11"	19' 4"	20' 1"	20' 7"	20' 9"
Pole Vault	8' 6"	10' 10"	9' 3"	10' 0"	12' 7"

formula to calculate the standard: $(3X + Y)$ divided by 4 = new standard
X=current standard, Y=previous year 8th place performance