

# *UHSAA Track & Field State Qualifying Standards*

## 2016

### Girls' Standards

Event	5A	4A	3A	2A	1A
100 M. Dash	12.92	12.97	13.02	13.27	13.87
200 M. Dash	26.37	26.25	26.83	27.44	28.79
400 M. Dash	1:00.14	59.96	1:00.62	1:02.19	1:06.19
800 M. Run	2:20.82	2:22.05	2:23.35	2:31.47	2:39.09
1600 M. Run	5:12.53	5:13.42	5:21.03	5:47.91	6:01.82
3200 M. Run	11:24.40	11:23.33	11:44.88	12:53.88	13:30.49
100 M. Hurdles	16.01	16.61	16.45	17.21	17.95
300 M. Hurdles	46.68	47.63	48.73	49.65	52.13
4x100 M. Relay	50.90	50.72	51.93	53.82	56.73
Medley Relay	4:24.86	4:26.27	4:28.95	4:44.14	5:03.95
4x400 Meter Relay	4:07.86	4:08.21	4:13.69	4:29.27	4:59.37
High Jump	5-ft. 0-in.	5-ft. 1-in.	4-ft. 10-in.	4-ft. 10-in.	4-ft. 6-in.
Long Jump	16-ft. 2-in.	16-ft. 4-in.	16-ft. 2-in.	15-ft. 5-in.	14-ft. 2-in.
Pole Vault	7-ft. 10-in.	7-ft. 3-in.	7-ft. 3-in.	7-ft. 3-in.	7-ft. 3-in.
Discus	103-ft. 8-in.	100-ft. 9-in.	102-ft. 2-in.	86-ft. 11-in.	86-ft. 4-in.
Javelin	108-ft. 0-in.	106-ft. 7-in.	104-ft. 9-in.	99-ft. 9-in.	93-ft. 10-in.
Shot Put	34-ft. 1-in.	33-ft. 2-in.	33-ft. 1-in.	29-ft. 10-in.	29-ft. 4-in.

### Boys' Standards

Event	5A	4A	3A	2A	1A
100 M. Dash	11.30	11.30	11.50	11.63	11.96
200 M. Dash	22.82	22.78	23.27	23.69	24.26
400 M. Dash	51.01	50.70	51.47	52.55	54.26
800 M. Run	1:58.24	1:58.65	2:00.22	2:05.68	2:10.77
1600 M. Run	4:23.22	4:23.32	4:33.08	4:45.75	4:55.62
3200 M. Run	9:36.06	9:41.27	9:59.46	10:32.93	10:56.13
110 M. Hurdles	15.60	16.02	16.15	16.90	18.42
300 M. Hurdles	40.67	41.17	42.00	43.58	45.51
4x100 M. Relay	44.03	44.54	45.01	46.26	48.34
Medley Relay	3:42.05	3:46.23	3:44.70	3:58.80	4:13.99
4x400 Meter Relay	3:29.87	3:31.71	3:31.79	3:44.96	3:58.52
High Jump	6-ft. 1-in.	6-ft. 0-in.	6-ft. 0-in.	5-ft. 9-in.	5-ft. 7-in.
Long Jump	20-ft. 7-in.	20-ft. 4-in.	20-ft. 1-in.	19-ft. 5-in.	18-ft. 9-in.
Pole Vault	12-ft. 5-in.	9-ft. 11-in.	8-ft. 3-in.	9-ft. 3-in.	8-ft. 0-in.
Discus	138-ft. 2-in.	129-ft. 2-in.	130-ft. 8-in.	117-ft. 8-in.	114-ft. 0-in.
Javelin	155-ft. 7-in.	153-ft. 3-in.	155-ft. 6-in.	142-ft. 0-in.	139-ft. 7-in.
Shot Put	46-ft. 11-in.	45-ft. 9-in.	44-ft. 3-in.	40-ft. 10-in.	39-ft. 7-in.

formula to calculate the standard:  $(3X+Y)$  divided by 4 = new standard

X=current standard, Y=previous year 8th place performance