

UHSAA Track & Field State Qualifying Standards 2023

Girls' Standards

| Event | 6A | 5A | 4A | 3A | 2A | 1A |
|-----------------------|----------------|----------------|----------------|----------------|---------------|---------------|
| 100 M. Dash | 12.83 | 12.96 | 13.08 | 13.39 | 13.55 | 14.00 |
| 200 M. Dash | 26.19 | 26.23 | 26.53 | 27.10 | 27.80 | 28.78 |
| 400 M. Dash | 59.73 | 59.20 | 1:00.65 | 1:02.12 | 1:03.11 | 1:07.34 |
| 800 M. Run | 2:19.61 | 2:20.81 | 2:22.83 | 2:28.92 | 2:33.81 | 2:42.62 |
| 1600 M. Run | 5:08.84 | 5:11.25 | 5:19.07 | 5:34.00 | 5:46.97 | 6:10.88 |
| 3200 M. Run | 11:18.52 | 11:21.43 | 11:34.03 | 12:14.10 | 12:49.85 | 13:42.20 |
| 100 M. Hurdles | 15.92 | 16.29 | 16.42 | 16.97 | 17.84 | 18.36 |
| 300 M. Hurdles | 47.10 | 47.58 | 47.63 | 49.77 | 50.65 | 52.91 |
| High Jump | 5-ft. 01-in. | 5-ft. 00-in. | 4-ft. 11-in | 4-ft. 10-in | 4-ft. 08-in. | 4-ft. 07-in. |
| Long Jump | 16-ft. 02-in. | 16-ft. 02-in. | 15-ft, 11-in. | 15-ft, 08-in. | 15-ft. 01-in. | 14-ft. 02-in. |
| Pole Vault | 9-ft. 09-in. | 7-ft. 08-in. | 7-ft. 03-in. | 7-ft. 00-in. | 7-ft. 00-in. | 7-ft. 00-in. |
| Shot Put | 35-ft.02-in. | 34-ft. 00-in. | 34-ft. 03-in. | 32-ft. 01-in. | 30-ft. 07-in. | 30-ft. 00-in. |
| Discus | 105-ft. 05-in. | 100-ft. 10-in. | 99-ft. 08-in. | 96-ft. 00-in. | 89-ft. 06-in. | 86-ft. 02-in. |
| Javelin | 104-ft. 02-in. | 103-ft. 03-in. | 104-ft. 10-in. | 100-ft. 05-in. | 96-ft. 08-in. | 93-ft. 11-in. |
| 4x100 M. Relay | 50.85 | 51.30 | 51.43 | 53.12 | 55.46 | 58.99 |
| Medley Relay | | | | 4:37.64 | 4:50.59 | 5:14.15 |
| 4x400 M. Relay | 4:07.60 | 4:07.10 | 4:12.53 | 4:23.10 | 4:39.68 | 5:02.97 |
| 4x200m Relay | 1:47.43 | 1:47.94 | 1:50.80 | | | |
| 4x800m Relay | 9:58.80 | 9:55.08 | 10:22.12 | | | |

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Boys' Standards

| Event | 6A | 5A | 4A | 3A | 2A | 1A |
|-----------------------|----------------|----------------|----------------|----------------|----------------|----------------|
| 100 M. Dash | 11.21 | 11.28 | 11.37 | 11.60 | 11.86 | 12.11 |
| 200 M. Dash | 22.75 | 22.70 | 23.19 | 23.44 | 24.05 | 24.51 |
| 400 M. Dash | 50.71 | 50.83 | 51.39 | 51.94 | 53.47 | 54.43 |
| 800 M. Run | 1:57.44 | 1:57.77 | 1:59.45 | 2:02.98 | 2:07.38 | 2:10.59 |
| 1600 M. Run | 4:19.55 | 4:21.96 | 4:30.25 | 4:37.77 | 4:46.03 | 4:58.50 |
| 3200 M. Run | 9:29.40 | 9:36.64 | 9:50.86 | 10:08.71 | 10:39.14 | 11:04.90 |
| 110 M. Hurdles | 15.78 | 15.82 | 16.12 | 16.50 | 17.87 | 18.66 |
| 300 M. Hurdles | 40.96 | 41.16 | 41.47 | 42.43 | 44.18 | 45.95 |
| High Jump | 6-ft. 01-in. | 6-ft. 00-in. | 5-ft. 11-in. | 5-ft. 10-in. | 5-ft. 08-in. | 5-ft. 07-in. |
| Long Jump | 20-ft. 09-in. | 20-ft. 05-in. | 20-ft. 05-in. | 19-ft. 07-in. | 19-ft. 02-in. | 18-ft. 09-in. |
| Pole Vault | 12-ft. 09-in. | 10-ft. 08-in. | 9-ft. 00-in. | 9-ft. 00-in. | 9-ft. 00-in. | 9-ft. 00-in. |
| Shot Put | 46-ft. 11-in. | 45-ft. 06-in. | 44-ft. 09-in. | 42-ft. 08-in. | 39-ft. 09-in. | 38-ft. 03-in. |
| Discus | 135-ft. 02-in. | 132-ft. 10-in. | 128-ft. 02-in. | 120-ft. 10-in. | 112-ft. 05-in. | 108-ft. 08-in. |
| Javelin | 153-ft. 11-in. | 152-ft. 10-in. | 153-ft. 06-in. | 147-ft. 02-in. | 135-ft. 09-in. | 133-ft. 10-in. |
| 4x100 M. Relay | 43.94 | 44.30 | 44.73 | 45.77 | 47.24 | 50.40 |
| Medley Relay | | | | 3:52.18 | 3:58.48 | 4:14.15 |
| 4x400 M. Relay | 3:27.64 | 3:30.40 | 3:32.24 | 3:38.00 | 3:47.55 | 4:04.30 |
| 4x200m Relay | 1:32.03 | 1:33.35 | 1:34.12 | | | |
| 4x800m Relay | 8:19.05 | 8:19.73 | 8:33.10 | | | |