

# *UHSAA Track & Field State Qualifying Standards 2023*

## **Girls' Standards**

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

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## **Boys' Standards**

<b>Event</b>	<b>6A</b>	<b>5A</b>	<b>4A</b>	<b>3A</b>	<b>2A</b>	<b>1A</b>
<b>100 M. Dash</b>	11.21	11.28	11.37	11.60	11.86	12.11
<b>200 M. Dash</b>	22.75	22.70	23.19	23.44	24.05	24.51
<b>400 M. Dash</b>	50.71	50.83	51.39	51.94	53.47	54.43
<b>800 M. Run</b>	1:57.44	1:57.77	1:59.45	2:02.98	2:07.38	2:10.59
<b>1600 M. Run</b>	4:19.55	4:21.96	4:30.25	4:37.77	4:46.03	4:58.50
<b>3200 M. Run</b>	9:29.40	9:36.64	9:50.86	10:08.71	10:39.14	11:04.90
<b>110 M. Hurdles</b>	15.78	15.82	16.12	16.50	17.87	18.66
<b>300 M. Hurdles</b>	40.96	41.16	41.47	42.43	44.18	45.95
<b>High Jump</b>	6-ft. 01-in.	6-ft. 00-in.	5-ft. 11-in.	5-ft. 10-in.	5-ft. 08-in.	5-ft. 07-in.
<b>Long Jump</b>	20-ft. 09-in.	20-ft. 05-in.	20-ft. 05-in.	19-ft. 07-in.	19-ft. 02-in.	18-ft. 09-in.
<b>Pole Vault</b>	12-ft. 09-in.	10-ft. 08-in.	9-ft. 00-in.	9-ft. 00-in.	9-ft. 00-in.	9-ft. 00-in.
<b>Shot Put</b>	46-ft. 11-in.	45-ft. 06-in.	44-ft. 09-in.	42-ft. 08-in.	39-ft. 09-in.	38-ft. 03-in.
<b>Discus</b>	135-ft. 02-in.	132-ft. 10-in.	128-ft. 02-in.	120-ft. 10-in.	112-ft. 05-in.	108-ft. 08-in.
<b>Javelin</b>	153-ft. 11-in.	152-ft. 10-in.	153-ft. 06-in.	147-ft. 02-in.	135-ft. 09-in.	133-ft. 10-in.
<b>4x100 M. Relay</b>	43.94	44.30	44.73	45.77	47.24	50.40
<b>Medley Relay</b>				3:52.18	3:58.48	4:14.15
<b>4x400 M. Relay</b>	3:27.64	3:30.40	3:32.24	3:38.00	3:47.55	4:04.30
<b>4x200m Relay</b>	1:32.03	1:33.35	1:34.12			
<b>4x800m Relay</b>	8:10.05	8:19.73	8:33.10			