

# *UHSAA Track & Field State Qualifying Standards 2025*

## **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>	12.80	12.91	12.99	13.26	13.46	14.05
<b>200 M. Dash</b>	26.00	26.07	26.33	26.98	27.69	28.88
<b>400 M. Dash</b>	59.47	59.08	1:00.45	1:01.36	1:02.78	1:07.11
<b>800 M. Run</b>	2:17.92	2:19.72	2:22.66	2:27.53	2:32.65	2:41.20
<b>1600 M. Run</b>	5:06.06	5:09.27	5:19.83	5:29.32	5:43.81	6:03.76
<b>3200 M. Run</b>	11:11.50	11:16.67	11:34.96	12:07.86	12:41.13	13:29.50
<b>100 M. Hurdles</b>	15.90	16.23	16.24	16.76	17.54	18.68
<b>300 M. Hurdles</b>	46.68	47.09	47.15	49.46	50.26	53.33
<b>High Jump</b>	5-ft. 01-in.	5-ft. 00-in.	4-ft. 11-in.	4-ft. 11-in.	4-ft. 10-in.	4-ft. 08-in.
<b>Long Jump</b>	16-ft. 03-in.	16-ft. 06-in.	15-ft. 11-in.	15-ft. 08-in.	15-ft. 05-in.	14-ft. 03-in.
<b>Pole Vault</b>	10-ft. 00-in.	7-ft. 06-in.	7-ft. 00-in.	7-ft. 00-in.	7-ft. 00-in.	7-ft. 00-in.
<b>Shot Put</b>	34-ft.05-in.	34-ft.00-in.	34-ft.00-in.	32-ft.04-in.	30-ft.04-in.	30-ft.05-in.
<b>Discus</b>	105-ft. 04-in.	104-ft. 01-in.	99-ft. 06-in.	97-ft. 03-in.	91-ft. 07-in.	87-ft. 03-in.
<b>Javelin</b>	100-ft. 00-in.	103-ft. 02-in.	105-ft. 03-in.	100-ft. 06-in.	98-ft. 06-in.	94-ft. 06-in.
<b>4x100 M. Relay</b>	50.51	51.07	51.28	52.65	54.49	58.00
<b>Medley Relay</b>				4:35.36	4:49.15	5:12.22
<b>4x400 M. Relay</b>	4:06.45	4:08.18	4:10.02	4:20.70	4:37.25	5:01.84
<b>4x200m Relay</b>	1:47.03	1:47.52	1:49.68			
<b>4x800m Relay</b>	9:52.45	9:53.95	10:15.90			

# *UHSAA Track & Field State Qualifying Standards 2025*

## **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>	11.09	11.22	11.30	11.48	11.76	11.98
<b>200 M. Dash</b>	22.52	22.49	23.02	23.25	24.03	24.33
<b>400 M. Dash</b>	50.15	50.36	51.34	51.69	53.12	54.58
<b>800 M. Run</b>	1:56.46	1:56.80	1:59.17	2:02.95	2:06.08	2:10.35
<b>1600 M. Run</b>	4:17.31	4:20.01	4:28.93	4:34.92	4:43.61	4:57.70
<b>3200 M. Run</b>	9:23.25	9:32.57	9:46.76	10:04.89	10:32.22	11:10.76
<b>110 M. Hurdles</b>	15.73	15.82	15.88	16.58	17.57	18.50
<b>300 M. Hurdles</b>	40.74	41.33	40.88	42.47	44.44	45.91
<b>High Jump</b>	6-ft 01-in.	6-ft 01-in.	6-ft 01-in.	5-ft. 11-in.	5-ft. 09-in.	5-ft. 07-in.
<b>Long Jump</b>	20-ft. 11-in.	20-ft. 05-in.	20-ft. 06-in.	20-ft. 00-in.	19-ft. 04-in.	18-ft. 09-in.
<b>Pole Vault</b>	12-ft. 09-in.	11-ft. 03-in.	9-ft. 00-in.	9-ft. 00-in.	9-ft. 00-in.	9-ft. 00-in.
<b>Shot Put</b>	48-ft. 00-in.	46-ft. 02-in.	45-ft. 03-in.	43-ft. 02-in.	40-ft. 07-in.	38-ft. 10-in.
<b>Discus</b>	138-ft. 03-in	133-ft. 01-in.	129-ft. 03-in.	125-ft. 06-in.	113-ft. 02-in.	109-ft. 01-in.
<b>Javelin</b>	154-ft. 05-in.	154-ft. 07-in.	152-ft. 10-in.	147-ft. 08-in	137-ft. 04-in.	135-ft. 01-in.
<b>4x100 M. Relay</b>	43.57	44.06	44.41	45.44	47.15	50.03
<b>Medley Relay</b>				3:49.68	3:58.44	4:11.41
<b>4x400 M. Relay</b>	3:26.16	3:29.40	3:31.32	3:36.97	3:45.40	4:03.89
<b>4x200m Relay</b>	1:31.15	1:32.60	1:33.62			
<b>4x800m Relay</b>	8:12.11	8:12.05	8:29.76			