

UHSAA Track & Field State Qualifying Standards 2024

Girls' Standards

Event	6A	5A	4A	3A	2A	1A
100 M. Dash	12.80	12.92	13.02	13.30	13.52	13.99
200 M. Dash	26.15	26.13	26.50	27.13	27.77	28.85
400 M. Dash	59.78	58.90	1:00.69	1:01.90	1:02.96	1:07.27
800 M. Run	2:18.94	2:20.29	2:23.43	2:28.08	2:33.62	2:42.09
1600 M. Run	5:07.99	5:09.17	5:21.56	5:31.64	5:46.75	6:08.92
3200 M. Run	11:14.88	11:19.33	11:40.52	12:08.31	12:51.15	13:36.13
100 M. Hurdles	15.83	16.20	16.41	16.85	17.68	18.72
300 M. Hurdles	46.77	47.23	47.60	49.81	50.39	53.44
High Jump	5-ft. 01-in.	5-ft. 01-in.	5-ft. 00-in.	4-ft. 11-in.	4-ft. 09-in.	4-ft. 08-in.
Long Jump	16-ft. 01-in.	16-ft. 04-in.	15-ft. 09-in.	15-ft. 07-in.	15-ft. 03-in.	14-ft. 04-in.
Pole Vault	10-ft. 00-in.	7-ft. 09-in.	7-ft. 00-in.	7-ft. 00-in.	7-ft. 00-in.	7-ft. 00-in.
Shot Put	35-ft.00-in.	33-ft. 09-in.	33-ft. 11-in.	32-ft. 01-in.	30-ft. 03-in.	30-ft. 02-in.
Discus	105-ft. 06-in.	102-ft. 04-in.	97-ft. 09-in.	97-ft. 04-in.	89-ft. 08-in.	86-ft. 03-in.
Javelin	102-ft. 05-in.	102-ft. 03-in.	103-ft. 11-in.	98-ft. 04-in.	98-ft. 00-in.	93-ft. 06-in.
4x100 M. Relay	50.62	51.15	51.50	52.80	55.28	58.26
Medley Relay				4:35.94	4:51.58	5:13.99
4x400 M. Relay	4:07.30	4:07.12	4:12.00	4:21.50	4:39.84	5:00.88
4x200m Relay	1:47.33	1:47.52	1:50.72			
4x800m Relay	9:54.88	9:53.99	10:21.86			

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Boys' Standards

Event	6A	5A	4A	3A	2A	1A
100 M. Dash	11.15	11.30	11.33	11.53	11.83	12.01
200 M. Dash	22.58	22.59	23.17	23.36	23.97	24.39
400 M. Dash	50.51	50.50	51.59	51.69	53.29	54.84
800 M. Run	1:57.04	1:57.22	1:59.69	2:02.55	2:06.96	2:09.87
1600 M. Run	4:18.62	4:20.66	4:29.62	4:36.87	4:43.82	4:58.51
3200 M. Run	9:27.50	9:32.80	9:50.40	10:06.85	10:37.84	11:05.15
110 M. Hurdles	15.72	15.81	16.01	16.60	17.86	18.50
300 M. Hurdles	41.00	41.32	41.08	42.67	44.28	46.05
High Jump	6-ft. 01-in.	6-ft. 01-in.	6-ft. 00-in.	5-ft. 10-in.	5-ft. 09-in.	5-ft. 07-in.
Long Jump	20-ft. 10-in.	20-ft. 05-in.	20-ft. 04-in.	19-ft. 09-in.	19-ft. 02-in.	18-ft. 11-in.
Pole Vault	12-ft. 10-in.	11-ft. 00-in.	9-ft. 00-in.	9-ft. 00-in.	9-ft. 00-in.	9-ft. 00-in.
Shot Put	47-ft. 10-in.	45-ft. 10-in.	44-ft. 06-in.	43-ft. 02-in.	39-ft. 11-in.	38-ft. 06-in.
Discus	135-ft. 11-in.	133-ft. 11-in.	127-ft. 03-in.	123-ft. 04-in.	112-ft. 02-in.	109-ft. 04-in.
Javelin	154-ft. 01-in.	152-ft. 09-in.	151-ft. 06-in.	146-ft. 10-in	136-ft. 04-in.	134-ft. 00-in.
4x100 M. Relay	43.80	44.21	44.66	45.61	47.58	49.94
Medley Relay				3:50.83	4:01.03	4:12.08
4x400 M. Relay	3:27.22	3:29.96	3:32.23	3:38.33	3:46.43	4:04.12
4x200m Relay	1:31.65	1:33.13	1:34.23			
4x800m Relay	8:14.98	8:15.35	8:33.48			