***UHSAA Track & Field State Qualifying Standards* 2022**

**Girls' Standards**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Event** | **6A** | **5A** | **4A** | **3A** | **2A** | **1A** |
| **100 M. Dash** | 12.82 | 13.02 | 13.10 | 13.47 | 13.54 | 13.95 |
| **200 M. Dash** | 26.20 | 26.40 | 26.65 | 27.22 | 27.75 | 28.85 |
| **400 M. Dash** | 59.59 | 59.29 | 1:00.62 | 1:02.59 | 1:02.95 | 1:06.79 |
| **800 M. Run** | 2:20.29 | 2:21.03 | 2:22.41 | 2:29.21 | 2:32.40 | 2:42.30 |
| **1600 M. Run** | 5:10.23 | 5:13.31 | 5:16.94 | 5:35.30 | 5:43.24 | 6:08.15 |
| **3200 M. Run** | 11:20.03 | 11:27.50 | 11:30.81 | 12:15.92 | 12:32.68 | 13:47.17 |
| **100 M. Hurdles** | 15.88 | 16.30 | 16.19 | 16.95 | 17.88 | 18.35 |
| **300 M. Hurdles** | 46.85 | 47.72 | 47.64 | 49.28 | 50.78 | 52.70 |
| **High Jump** | 5-ft. 01-in. | 4-ft. 11-in. | 5-ft. 00-in. | 4-ft. 10-in | 4-ft. 08-in. | 4-ft. 08-in. |
| **Long Jump** | 16-ft. 04-in. | 16-ft. 00-in. | 16-ft. 00-in. | 15-ft, 08-in. | 15-ft. 01-in. | 14-ft. 04-in. |
| **Pole Vault** | 9-ft. 08-in. | 7-ft. 06-in. | 7-ft. 03-in. | 7-ft. 00-in. | 7-ft. 00-in. | 7-ft. 00-in. |
| **Shot Put** | 34-ft.10-in. | 33-ft. 05-in. | 33-ft. 11-in. | 32-ft. 02-in. | 31-ft. 01-in. | 29-ft. 11-in. |
| **Discus** | 106-ft. 04-in. | 100-ft. 08-in. | 100-ft. 00-in. | 95-ft. 02-in. | 89-ft. 10-in. | 86-ft. 06-in. |
| **Javelin** | 104-ft. 08-in. | 102-ft. 05-in. | 107-ft. 02-in. | 102-ft. 00-in. | 98-ft. 10-in. | 94-ft. 07-in. |
| **4x100 M. Relay** | 50.71 | 51.50 | 51.35 | 53.33 | 55.62 | 57.39 |
| **Medley Relay** |  |  |  | 4:40.18 | 4:47.80 | 5:13.80 |
| **4x400 M. Relay** | 4:07.41 | 4:07.95 | 4:10.97 | 4:23.78 | 4:39.60 | 5:00.49 |
| **4x200m Relay** | 1:46.95 | 1:48.06 | 1:50.43 |  |  |  |
| **4x800m Relay** | 9:59.56 | 9:56.42 | 10:20.80 |  |  |  |
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***UHSAA Track & Field State Qualifying Standards* 2022**

**Boys' Standards**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Event** | **6A** | **5A** | **4A** | **3A** | **2A** | **1A** |
| **100 M. Dash** | 11.27 | 11.28 | 11.40 | 11.61 | 11.90 | 12.10 |
| **200 M. Dash** | 22.88 | 22.73 | 23.12 | 23.49 | 24.12 | 24.50 |
| **400 M. Dash** | 50.61 | 50.78 | 51.07 | 52.15 | 53.67 | 54.55 |
| **800 M. Run** | 1:57.57 | 1:58.00 | 1:59.26 | 2:03.16 | 2:07.45 | 2:10.18 |
| **1600 M. Run** | 4:21.05 | 4:22.23 | 4:29.85 | 4:39.21 | 4:45.52 | 4:59.11 |
| **3200 M. Run** | 9:33.50 | 9:36.38 | 9:49.10 | 10:12.53 | 10:38.31 | 11:05.55 |
| **110 M. Hurdles** | 15.69 | 15.97 | 16.10 | 16.63 | 17.80 | 18.85 |
| **300 M. Hurdles** | 40.84 | 41.35 | 41.57 | 42.28 | 44.13 | 45.94 |
| **High Jump** | 6-ft.02-in. | 6-ft.00-in. | 6-ft.00-in. | 5-ft. 10-in. | 5-ft. 08-in. | 5-ft. 07-in. |
| **Long Jump** | 20-ft.10-in. | 20-ft.04-in. | 20-ft.04-in. | 19-ft. 03-in. | 19-ft. 01-in. | 18-ft. 08-in. |
| **Pole Vault** | 12-ft. 10-in. | 10-ft. 00-in. | 9-ft. 00-in. | 9-ft. 00-in. | 9-ft. 00-in. | 9-ft. 00-in. |
| **Shot Put** | 46-ft. 06-in. | 45-ft. 02-in. | 44-ft. 11-in. | 42-ft. 03-in. | 39-ft. 01-in. | 38-ft. 02-in. |
| **Discus** | 133-ft. 09-in. | 131-ft. 06-in. | 130-ft. 05-in. | 120-ft. 06-in. | 112-ft. 01-in. | 110-ft. 02-in. |
| **Javelin** | 152-ft. 03-in. | 151-ft. 04-in. | 156-ft. 10-in. | 148-ft. 01-in | 139-ft. 05-in. | 135-ft. 11-in. |
| **4x100 M. Relay** | 43.92 | 44.52 | 44.67 | 45.92 | 47.40 | 49.78 |
| **Medley Relay** |  |  |  | 3:51.35 | 3:59.80 | 4:15.05 |
| **4x400 M. Relay** | 3:27.57 | 3:30.51 | 3:31.10 | 3:38.65 | 3:47.41 | 4:02.69 |
| **4x200m Relay** | 1:32.20 | 1:32.95 | 1:34.10 |  |  |  |
| **4x800m Relay** | 8:20.00 | 8:21.58 | 8:32.87 |  |  |  |