

UHSAA Track & Field State Qualifying Standards 2020

Girls' Standards

Event	6A	5A	4A	3A	2A	1A
100 M. Dash	12.79	13.00	13.03	13.30	13.53	13.88
200 M. Dash	26.28	26.47	26.54	27.20	27.94	28.79
400 M. Dash	59.66	59.47	1:00.24	1:02.06	1:02.83	1:05.52
800 M. Run	2:20.41	2:20.87	2:22.05	2:29.47	2:32.15	2:41.55
1600 M. Run	5:11.91	5:13.19	5:15.92	5:34.24	5:43.42	6:05.30
3200 M. Run	11:25.52	11:25.00	11:31.35	12:12.05	12:28.88	13:31.96
100 M. Hurdles	15.72	16.37	16.07	16.96	17.75	18.13
300 M. Hurdles	46.35	47.63	47.64	49.33	50.85	51.81
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. 02-in.	16-ft. 04-in.	15-ft. 09-in.	15-ft. 02-in.	14-ft. 05-in.
Pole Vault	9-ft. 03-in.	7-ft. 06-in.	7-ft. 06-in.	7-ft. 06-in.	7-ft. 06-in.	7-ft. 06-in.
Shot Put	35-ft.04-in.	33-ft. 09-in.	33-ft. 07-in.	32-ft. 04-in.	31-ft. 06-in.	30-ft. 03-in.
Discus	106-ft. 02-in.	101-ft. 01-in.	99-ft. 09-in.	95-ft. 03-in.	91-ft. 03-in.	88-ft. 00-in.
Javelin	105-ft. 08-in.	102-ft. 09-in.	107-ft. 00-in.	103-ft. 02-in.	101-ft. 02-in.	94-ft. 08-in.
4x100 M. Relay	50.79	51.73	51.44	53.03	55.09	57.12
Medley Relay				4:37.80	4:45.72	5:11.08
4x400 M. Relay	4:06.52	4:07.58	4:09.54	4:23.12	4:37.16	5:00.36
4x200 M. Relay	*	*	*			
4x800 M. Relay	*	*	*			

*Top 2 teams at Region automatically qualify + the next fastest times from Region or a State Qualifying Invitational with a Max of 18 teams.

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Boys' Standards

Event	6A	5A	4A	3A	2A	1A
100 M. Dash	11.27	11.30	11.35	11.54	11.84	11.99
200 M. Dash	22.89	22.78	23.07	23.43	24.11	24.32
400 M. Dash	50.78	50.76	50.99	52.04	53.71	54.50
800 M. Run	1:58.03	1:57.53	1:58.55	2:03.09	2:07.36	2:09.65
1600 M. Run	4:21.62	4:22.44	4:28.90	4:39.60	4:47.12	4:58.20
3200 M. Run	9:34.65	9:36.00	9:49.02	10:13.65	10:41.16	11:04.90
110 M. Hurdles	15.61	15.99	15.98	16.48	17.46	18.59
300 M. Hurdles	40.51	41.18	41.42	41.82	43.81	45.65
High Jump	6-ft.01-in.	6-ft.00-in.	6-ft.00-in.	5-ft. 11-in.	5-ft. 09-in.	5-ft. 07-in.
Long Jump	20-ft.10-in.	20-ft.05-in.	20-ft.03-in.	19-ft. 08-in.	19-ft. 02-in.	18-ft. 09-in.
Pole Vault	12-ft. 09-in.	9-ft. 08-in.	9-ft. 00-in.	9-ft. 00-in.	9-ft. 00-in.	9-ft. 00-in.
Shot Put	46-ft. 00-in.	44-ft. 10-in.	45-ft. 09-in.	42-ft. 07-in.	39-ft. 04-in.	38-ft. 08-in.
Discus	132-ft. 10-in.	129-ft. 00-in.	131-ft. 10-in.	120-ft. 02-in.	111-ft. 08-in.	110-ft. 06-in.
Javelin	154-ft. 00-in.	150-ft. 01-in.	157-ft. 07-in.	147-ft. 07-in.	137-ft. 03-in.	137-ft. 04-in.
4x100 M. Relay	44.12	44.67	44.49	45.82	47.48	49.53
Medley Relay				3:49.81	4:01.44	4:11.55
4x400 M. Relay	3:27.84	3:30.39	3:29.74	3:36.67	3:47.61	4:03.25
4x200 M. Relay	*	*	*			
4x800 M. Relay	*	*	*			

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