

UHSAA Track & Field State Qualifying Standards 2023

Girls' Standards

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

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Boys' Standards

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