

2023 QUALIFYING STANDARDS FOR REGIONAL ENTRIES

Class 6A,5A and 4A = May enter up to 3 individuals per event - no standard applies

Class 3A-2A-1A = may enter up to 3 individuals if all three have met the standard or have a better time/distance. If entering only 1 or 2 in an event, those entries DO NOT have to meet the standard.

The standards listed are the minimum for the events.

To have bettered the standard, for running events, the time must be faster. For throwing events, the mark must be farther or higher.

Girls Qualifying Standards (M)

EVENT	3A	2A	1A
100M Dash	13.32	13.71	13.76
200M Dash	27.84	29.04	28.89
400M Dash	1:05.10	1:07.10	1:07.63
800M Run	2:39.50	2:42.53	2:43.76
1600M Run	6:06.80	6:25.39	6:34.28
3200M Run	13:24.00	14:10.00	14:18.00
100M H. Hurdles	17.67	18.92	18.1
300M L. Hurdles	51.39	53.92	53.71
High Jump	4'08"	4'07"	4'08"
Long Jump	15'03"	15'02"	15'02"
Triple Jump	32'06"	31'08"	32'02"
Pole Vault	8'03"	7'05"	7'04"
Shot Put	33'08"	32'04"	33'03"
Discus	101'09"	95'05"	95'07"
Javelin	106'04"	102'08"	102'09"

Boys Qualifying Standards (M)

EVENT	3A	2A	1A
100M Dash	11.67	11.93	11.95
200M Dash	23.87	24.68	24.73
400M Dash	54.72	54.97	55.36
800M Run	2:10.30	2:12.10	2:14.54
1600M Run	5:03.70	5:06.35	5:08.95
3200M Run	11:03.00	11:15.00	11:38.00
110M H. Hurdles	17.28	18.41	18.68
300M I. Hurdles	44.1	46.01	46.06
High Jump	5'09"	5'08"	5'08"
Long Jump	19'07"	19'04"	19'03"
Triple Jump	40'02"	39'00"	39'02"
Pole Vault	11'03"	10'03"	10'02"
Shot Put	44'03"	41'06"	40'08"
Discus	129'03"	124'01"	122'10"
Javelin	144'05"	140'02"	143'03"

