

UHSAA Track & Field State Qualifying Standards **2018**

Proposed Girls' Standards

Event	6A	5A	4A	3A	2A	1A
100 M. Dash	12.91	12.98	13.02	13.25	13.45	13.86
200 M. Dash	26.33	26.41	26.51	27.13	27.64	28.66
400 M. Dash	59.60	59.71	1:00.01	1:01.57	1:02.80	1:05.43
800 M. Run	2:20.41	2:20.96	2:22.34	2:28.22	2:32.20	2:40.68
1600 M. Run	5:12.55	5:12.55	5:16.54	5:30.90	5:41.27	6:02.00
3200 M. Run	11:21.15	11:19.33	11:29.70	12:05.40	12:30.80	13:21.55
100 M. Hurdles	15.64	16.26	16.29	16.74	17.16	18.01
300 M. Hurdles	46.47	47.18	47.85	49.25	49.98	51.45
4x100 M. Relay	50.76	50.90	51.45	52.84	53.95	56.18
Medley Relay	4:24.11	4:24.49	4:26.85	4:37.35	4:45.65	5:02.25
4x400 M. Relay	4:97.57	4:08.30	4:10.86	4:22.70	4:32.03	4:50.64
High Jump	5-ft. 01-in.	5-ft. 01-in.	5-ft. 00-in.	4-ft. 11-in.	4-ft. 10-in.	4-ft. 08-in.
Long Jump	16-ft. 04-in.	16-ft. 06-in.	16-ft. 03-in.	15-ft. 08-in.	15-ft. 03-in.	14-ft. 05-in.
Pole Vault	8-ft. 09-in.	7-ft. 06-in.	7-ft. 06-in.	7-ft. 06-in.	7-ft. 06-in.	7-ft. 06-in.
Discus	105-ft. 04-in.	101-ft. 00-in.	101-ft. 04-in.	98-ft. 03-in.	94-ft. 10-in.	88-ft. 02-in.
Javelin	107-ft. 08-in.	105-ft. 00-in.	105-ft. 08-in.	104-ft. 00-in.	101-ft. 08-in.	97-ft. 02-in.
Shot Put	34-ft.10-in.	34-ft.04-in.	33-ft. 10-in.	32-ft. 07-in.	31-ft. 09-in.	30-ft. 01-in.

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Proposed Boys' Standards

Event	6A	5A	4A	3A	2A	1A
100 M. Dash	11.30	11.33	11.38	11.50	11.69	11.88
200 M. Dash	22.74	22.77	23.10	23.33	23.75	24.16
400 M. Dash	50.80	50.60	50.90	51.68	52.86	54.07

800 M. Run	1:57.69	1:57.57	1:58.82	2:02.27	2:06.21	2:10.15
1600 M. Run	4:20.30	4:22.57	4:27.35	4:36.88	4:47.02	4:57.16
3200 M. Run	9:31.65	9:34.87	9:45.37	10:07.95	10:32.00	10:56.02
100 M. Hurdles	15.48	15.99	16.07	16.51	17.27	18.04
300 M. Hurdles	40.44	41.10	41.54	41.48	43.17	44.87
4x100 M. Relay	44.07	44.50	44.67	45.38	46.90	48.41
Medley Relay	3:40.07	3:43.99	3:43.92	3:50.20	3:59.74	4:09.27
4x400 M. Relay	3:28.73	3:31.63	3:31.25	3:37.15	3:45.39	3:53.63
High Jump	6-ft.01-in.	6-ft. 00-in.	6-ft. 01-in.	6-ft. 00-in.	5-ft. 10-in.	5-ft. 08-in.
Long Jump	20-ft.10-in.	20-ft. 04-in.	20-ft. 03-in.	19-ft. 10-in.	19-ft. 05-in.	19-ft. 00-in.
Pole Vault	12-ft. 08-in.	9-ft. 09-in.	9-ft. 06-in.	9-ft. 03-in.	9-ft. 00-in.	9-ft. 00-in.
Discus	139-ft. 07-in.	127-ft. 08-in.	129-ft. 06-in.	124-ft. 07-in.	119-ft. 09-in.	114-ft. 11-in.
Javelin	157-ft. 01-in.	151-ft. 06-in.	153-ft. 09-in.	149-ft. 06-in.	144-ft. 05-in.	139-ft.04-in.
Shot Put	47-ft. 02-in.	45-ft. 00-in.	44-ft. 07-in.	43-ft. 06-in.	41-ft. 05-in.	39-ft. 04-in.