

UHSAA Track & Field State Qualifying Standards 2019

Proposed Girls' Standards

	6A	5A	4A	3A	2A	1A
100 M. Dash	12.83	13.01	13.00	13.28	13.53	13.84
200 M. Dash	26.32	26.52	26.43	27.18	27.95	28.80
400 M. Dash	59.52	59.54	59.79	1:01.51	1:02.81	1:05.38
800 M. Run	2:20.69	2:20.60	2:21.61	2:28.18	2:31.96	2:41.25
1600 M. Run	5:12.41	5:12.84	5:16.21	5:33.04	5:40.71	6:04.33
3200 M. Run	11:22.21	11:22.78	11:32.55	12:07.40	12:27.07	13:21.74
100 M. Hurdles	15.71	16.30*	16.21	16.79	17.37	18.10
300 M. Hurdles	46.33	47.41	48.07	49.43	50.46	51.76*
4x100 M. Relay	50.67	51.06	51.43	52.88	54.57	56.75
Medley Relay	4:24.71	4:25.25	4:26.50	4:36.17	4:45.22	5:06.87
4x400 M. Relay	4:07.05	4:08.24	4:10.55	4:22.68	4:34.58	4:55.96
High Jump	5-ft. 01-in.	5-ft. 00-in.	5-ft. 00-in.	4-ft. 10-in	4-ft. 09-in.	4-ft. 08-in.
Long Jump	16-ft. 04-in.	16-ft. 04-in.	16-ft. 04-in.	15-ft. 08-in.	15-ft. 01-in.	14-ft. 04-in.
Pole Vault	9-ft. 00-in.	7-ft. 06-in.	7-ft. 06-in.	7-ft. 06-in.	7-ft. 06-in.	7-ft. 06-in.
Discus	105-ft. 00-in.	101-ft. 10-in.	100-ft. 08-in.	97-ft. 02-in.	91-ft. 09-in.	88-ft. 03-in.
Javelin	105-ft. 00-in.	102-ft. 10-in.	105-ft. 05-in.	103-ft. 10-in.	101-ft. 10-in.	94-ft. 10-in.
Shot Put	35-ft.02-in.	34-ft.02-in.	33-ft. 10-in.	32-ft. 05-in.	31-ft. 05-in.	30-ft. 03-in.

*Note: 8th fastest mark from trials used in as much as the 8th place finish in finals was very slow.

Proposed Boys' Standards

Event	6A	5A	4A	3A	2A	1A
100 M. Dash	11.26	11.31	11.34	11.50	11.77	11.89
200 M. Dash	22.83	22.81	23.04	23.33	23.97	24.29
400 M. Dash	50.84	50.69	51.10	51.74	53.48	54.20
800 M. Run	1:58.03	1:57.42	1:58.79	2:02.43	2:06.41	2:10.34
1600 M. Run	4:21.02	4:22.14	4:28.63	4:38.84	4:47.34	4:57.18
3200 M. Run	9:32.41	9:35.24	9:48.03	10:11.24	10:39.67	10:58.10
110 M. Hurdles	15.47	15.95	16.00	16.52	17.57	18.31*
300 M. Hurdles	40.56	41.09	41.67	41.66	44.03	45.41
4x100 M. Relay	44.16	44.58	44.66	45.67	47.24	48.48
Medley Relay	3:40.42	3:42.75	3:43.68	3:48.30	4:00.59	4:11.88
4x400 M. Relay	3:28.16	3:31.38	3:30.73	3:36.68	3:46.42	4:01.27
High Jump	6-ft.01-in.	6-ft. 00-in.	6-ft. 00-in.	6-ft. 00-in.	5-ft. 10-in.	5-ft. 08-in.
Long Jump	20-ft.10-in.	20-ft.05-in.	20-ft.04-in.	19-ft. 09-in.	19-ft. 04-in.	19-ft. 00-in.
Pole Vault	12-ft. 10-in.	9-ft. 06-in.	9-ft. 04-in.	9-ft. 00-in.	9-ft. 00-in.	9-ft. 00-in.
Discus	138-ft. 02-in.	127-ft. 08-in.	131-ft. 02-in.	120-ft. 08-in.	115-ft. 10-in.	112-ft. 09-in.
Javelin	158-ft. 02-in.	150-ft. 01-in.	156-ft. 09-in.	149-ft. 07-in.	141-ft. 02-in.	137-ft. 00-in.
Shot Put	46-ft. 02-in.	44-ft. 10-in.	45-ft. 08-in.	43-ft. 02-in.	40-ft. 01-in.	38-ft. 10-in.

*Note: 8th fastest mark from trials used in as much as the 8th place finish in finals was very slow.