

## 2022 Cedar High Track & Field Team and State Qualifying Marks

The 2022 team qualifying marks are based on of the 2021 state marks and will be the standard for traveling to the Varsity and JV meets. To travel and compete in a varsity invitational, athletes must achieve the varsity mark in their events. To travel and compete in a JV meet, athletes must achieve the JV mark in their events.

### Boys Team Qualifying Marks

EVENT	2022 State	Varsity	JV
110 Hurdles	16.10	18.2	21.9
100 Meters	11.40	12.1	13.0
200 Meters	23.12	24.7	26.2
300 Hurdles	41.57	47.2	53.8
400 Meters	51.07	55.6	1:01.14
800 Meters	1:59.26	2:12.78	2:27.38
1600 Meters	4:29.85	5:01.17	5:37.31
3200 Meters	9:49.10	10:59.70	12:18.87
Long Jump	20' 4"	17'-10"	15'-8"
High Jump	6' 0"	5'-3"	4'-9"
Shot Put	44' 11"	37'-0"	26'-0"
Discus	130' 5"	105'-0"	74'-0"
Javelin	156' 10"	126'-0"	92'-0"

### Girls Team Qualifying Marks

EVENT	2022 State	Varsity	JV
100 Hurdles	16.19	18.3	22.0
100 Meters	13.10	13.9	14.9
200 Meters	26.65	28.4	30.1
300 Hurdles	47.64	54.3	1:01.91
400 Meters	1:00.62	1:05.66	1:13.54
800 Meters	2:22.41	2:39.10	2:58.19
1600 Meters	5:16.94	5:53.83	6:36.29
3200 Meters	11:30.81	12:54.31	14:27.23
Long Jump	16' 0"	14'-0"	12'-4"
High Jump	5' 0"	4'-5"	4'-0"
Shot Put	33' 11"	26'-0"	18'-0"
Discus	100' 0"	79'-0"	55'-0"
Javelin	107' 2"	85'-0"	62'-0"



CEDAR HIGH SCHOOL TRACK AND FIELD  
GUIDELINES & RULES