

## CEDAR HIGH TRACK & FIELD 2023 TEAM STANDARDS

Boys Team Qualifying Marks			
EVENT	2023 State	Varsity	JV
110 Hurdles	16.12	18.7	22.4
100 Meters	11.37	12.4	13.3
200 Meters	23.19	25.1	26.6
300 Hurdles	41.47	47.6	54.3
400 Meters	51.39	55.9	1:01.14
800 Meters	1:59.45	2:13.57	2:28.26
1600 Meters	4:30.25	5:02.23	5:38.50
3200 Meters	9:50.86	10:59.79	12:18.97
Long Jump	20' 5"	18'-0"	15'-10"
High Jump	5' 11"	5'-4"	4'-10"
Shot Put	44' 9"	35'-4"	24'-4"
Discus	128' 2"	102'-10"	71'-10"
Javelin	153' 6"	123'-10"	90'-4"

Girls Team Qualifying Marks			
EVENT	2023 State	Varsity	JV
100 Hurdles	16.42	18.8	22.5
100 Meters	13.08	14.3	15.3
200 Meters	26.53	28.9	30.7
300 Hurdles	47.63	54.5	1:01.91
400 Meters	1:00.65	1:06.40	1:14.37
800 Meters	2:22.83	2:39.50	2:58.64
1600 Meters	5:19.07	5:54.97	6:37.57
3200 Meters	11:34.03	12:53.71	14:26.55
Long Jump	15' 11"	14'-2"	12'-4"
High Jump	4' 11"	4'-4"	3'-10"
Shot Put	34' 3"	26'-10"	18'-10"
Discus	99' 8"	78'-10"	54'-10"
Javelin	104' 10"	84'-4"	61'-4"

All track athletes must meet either a Varsity or JV qualifying mark to be able to travel to a meet. Coaches reserve the right to invite athletes to participate in a meet even though an athlete may not have made a qualifying mark.