

## *UHSAA Track & Field State Qualifying Standards* 2015

### Girls' Standards

Event	1A	2A	3A	4A	5A
100 M. Dash	13.81	13.28	13.04	12.93	12.88
200 M. Dash	28.61	27.47	26.72	26.21	26.36
400 M. Dash	1:05.43	1:02.57	1:00.83	59.99	1:00.00
800 M. Run	2:36.77	2:31.88	2:23.34	2:21.51	2:21.23
1600 M. Run	5:58.28	5:50.53	5:21.85	5:13.71	5:14.51
3200 M. Run	13:23.63	13:05.61	11:44.48	11:26.68	11:29.32
100 M. Hurdles	18.03	17.25	16.46	16.48	15.99
300 M. Hurdles	52.26	50.06	48.38	47.63	46.73
4x100 M. Relay	56.41	53.71	51.80	50.71	50.84
Medley Relay	4:59.47	4:43.99	4:28.51	4:25.94	4:25.03
4x400 M. Relay	4:50.10	4:30.14	4:12.85	4:07.51	4:08.34
Discus	85' 11"	86' 11"	102' 3"	99' 11"	103' 9"
Javelin	93' 3"	99' 1"	105' 2"	105' 4"	108' 10"
Shot Put	29' 3"	30' 2"	32' 11"	32' 10"	34' 4"
High Jump	4' 7"	4' 10"	4' 11"	5' 1"	5' 1"
Long Jump	14' 6"	15' 6"	16' 3"	16' 4"	16' 2"
Pole Vault	7' 5"	7' 5"	7' 5"	7' 5"	7' 8"

### Boys' Standards

Event	1A	2A	3A	4A	5A
100 M. Dash	11.96	11.62	11.51	11.31	11.24
200 M. Dash	24.13	23.56	23.28	22.76	22.66
400 M. Dash	53.90	52.63	51.64	50.88	51.10
800 M. Run	2:10.52	2:05.86	2:00.51	1:58.90	1:57.99
1600 M. Run	4:54.00	4:46.33	4:32.60	4:24.00	4:24.12
3200 M. Run	10:54.37	10:38.69	9:59.14	9:43.47	9:36.95
110 M. Hurdles	18.18	16.87	16.06	15.84	15.68
300 M. Hurdles	45.52	43.69	42.08	41.23	40.83
4x100 M. Relay	48.49	46.19	45.01	44.52	43.98
Medley Relay	4:12.17	4:00.39	3:44.54	3:46.35	3:41.32
4x400 M. Relay	3:57.43	3:45.29	3:32.24	3:30.72	3:29.59
Discus	114' 2"	119' 3"	130' 9"	130' 11"	138' 1"
Javelin	143' 1"	141' 6"	156' 7"	153' 2"	156' 11"
Shot Put	39' 7"	40' 10"	44' 5"	45' 10"	47' 10"
High Jump	5' 8"	5' 9"	6' 0"	6' 0"	6' 2"
Long Jump	18' 8"	19' 6"	20' 2"	20' 6"	20' 10"
Pole Vault	8' 0"	9' 3"	8' 3"	9' 11"	12' 5"

formula to calculate the standard:  $(3X + Y)$  divided by 4 = new standard  
 X=current standard, Y=previous year 8th place performance