



## 2023 Track & Field State Championships Qualifying Standards

### Boys

	6A		5A		4A		3A		2A		1A	
	Four-year average of fourth place						Four-year average of fourth place					
	FAT	HAND	FAT	HAND	FAT	HAND	FAT	HAND	FAT	HAND	FAT	HAND
100	10.82	10.5	11.16	10.9	11.23	10.9	11.41	11.1	11.60	11.3	11.54	11.3
200	22.12	21.8	22.62	22.3	22.93	22.6	23.07	22.8	23.69	23.4	23.36	23.1
400	49.45	49.2	51.04	50.8	51.68	51.4	52.04	51.8	52.85	52.6	52.72	52.4
800	1:54.99	1:54.7	1:57.86	1:57.6	1:59.44	1:59.2	2:02.98	2:02.7	2:05.12	2:04.8	2:03.62	2:03.3
1500	3:56.83	3:57.2	4:01.21	4:00.9	4:08.45	4:08.2	4:16.94	4:15.7	4:14.70	4:14.4	4:18.44	4:18.2
3000	8:33.11	8:35.5	8:39.27	8:39.0	9:02.23	9:01.9	9:19.75	9:19.5	9:18.22	9:17.9	9:21.52	9:21.2
110 High Hurdles	14.94	14.6	15.41	15.1	15.91	15.6	16.37	16.1	16.54	16.3	16.78	16.5
300 Int Hurdles	39.11	38.8	40.92	40.6	41.45	41.2	42.37	42.1	43.25	43.0	42.42	42.1
Long Jump		22-0		21-3		20-10		20-1		20-3		20-0
Triple Jump		44-2		43-7		42-6		40-10		40-10		41-3
Shot Put		51-0		50-6		49-2		45-3		46-1		42-7
Discus		154-1		154-1		145-4		134-9		127-3		126-4
Javelin		187-0		172-6		167-7		156-8		153-4		151-5
High Jump		6-3		6-3		6-1		6-0		6-1		5-11
Pole Vault		14-3		13-6		13-5		11-10		11-10		11-7

**(Three-year average of third place)**

4x100 Relay	42.60	42.3	43.29	43.0	43.88	43.6	44.99	44.7	45.44	45.2	45.45	45.2
4x400 Relay	3:22.46	3:22.2	3:27.64	3:27.4	3:29.39	3:29.1	3:32.57	3:32.3	3:37.47	3:37.2	3:35.52	3:35.1



## 2023 Track & Field State Championships Qualifying Standards

### *Girls*

	6A		5A		4A		3A		2A		1A	
	Four-year average of fourth place						Four-year average of fourth place					
	FAT	HAND	FAT	HAND	FAT	HAND	FAT	HAND	FAT	HAND	FAT	HAND
100	12.15	11.9	12.59	12.3	12.61	12.3	13.08	12.8	13.09	12.8	13.04	12.8
200	24.99	24.7	26.06	25.8	26.14	25.9	26.89	26.6	27.29	27.0	27.05	26.8
400	58.06	57.8	1:00.11	59.8	1:00.77	1:00.5	1:01.42	1:01.1	1:01.32	1:01.0	1:02.54	1:02.3
800	2:14.64	2:14.4	2:22.09	2:21.9	2:23.71	2:23.4	2:27.07	2:26.8	2:28.38	2:28.1	2:32.36	2:32.1
1500	4:34.41	4:34.1	4:48.64	4:48.4	4:55.24	4:55.0	5:04.46	5:04.2	5:06.67	5:06.4	5:13.34	5:13.1
3000	9:58.56	9:58.3	10:40.43	10:40.1	10:40.09	10:39.8	11:12.44	11:12.2	11:01.37	11:01.1	11:40.37	11:40.1
100 High Hurdles	15.04	14.8	15.76	15.5	16.16	15.9	16.54	16.3	17.19	16.9	17.10	16.8
300 Int Hurdles	45.88	45.6	46.93	46.6	47.45	47.2	48.79	48.5	49.68	49.4	49.77	49.5
Long Jump		17-11		16-6		16-8		15-11		16-2		15-9
Triple Jump		36-10		35-5		34-8		33-11		33-6		33-2
Shot Put		39-6		36-5		37-3		36-9		35-4		32-10
Discus		132-7		116-2		119-2		116-7		112-13		99-3
Javelin		132-9		122-4		120-5		117-0		111-7		110-9
High Jump		5-4		5-2		5-2		5-0		4-11		4-10
Pole Vault		11-4		10-8		9-11		9-5		8-10		8-5

**(Three-year average of third place)**

4x100 Relay	48.58	48.3	50.18	49.9	50.66	50.4	51.80	51.5	51.83	51.5	53.47	53.2
4x400 Relay	3:58.30	3:58.0	4:08.97	4:08.7	4:09.06	4:08.8	4:15.95	4:15.7	4:20.05	4:19.9	4:26.20	4:25.9