



2019 Track & Field State Championships Qualifying Standards

Boys

	6A		5A		4A		3A		2A		1A	
	Four-year average of fourth place											
	FAT	HAND	FAT	HAND	FAT	HAND	FAT	HAND	FAT	HAND	FAT	HAND
100	10.80	10.5	11.15	10.9	11.23	10.9	11.43	11.1	11.62	11.3	11.60	11.3
200	21.93	21.6	22.51	22.2	22.90	22.6	23.08	22.8	23.45	23.2	23.51	23.2
400	49.07	48.8	50.65	50.4	51.39	51.1	51.78	51.5	52.27	52.0	52.26	52.0
800	1:55.13	1:54.8	1:57.64	1:57.4	2:00.20	1:59.9	2:02.35	2:02.1	2:03.38	2:03.1	2:03.90	2:03.6
1500	3:56.89	3:56.6	4:01.22	4:00.9	4:09.89	4:09.6	4:14.82	4:14.5	4:14.81	4:14.5	4:20.74	4:20.5
3000	8:36.01	8:35.7	8:47.70	8:47.4	9:01.75	9:01.5	9:22.38	9:22.1	9:19.50	9:19.2	9:34.50	9:34.2
110 High Hurdles	14.83	14.5	15.29	15.0	15.44	15.2	16.10	15.8	16.55	16.3	16.25	16.0
300 Int Hurdles	39.07	38.8	40.55	40.3	40.70	40.4	41.91	41.6	43.02	42.7	42.05	41.8
Long Jump		22-3		21-5		21-0		20-10		20-4		20-2
Triple Jump		45-2		44-0		42-8		42-4		41-2		41-4
Shot Put		51-10		52-5		50-0		45-10		45-8		42-1
Discus		157-6		161-5		145-10		136-10		130-3		127-2
Javelin		181-5		171-11		173-7		159-11		153-2		152-7
High Jump		6-4		6-4		6-2		6-1		6-1		6-0
Pole Vault		13-9		13-9		13-5		12-9		12-1		11-11

(Three-year average of third place)

4x100 Relay	42.37	42.1	43.28	43.0	43.54	43.3	44.78	44.5	45.70	45.4	45.78	45.5
4x400 Relay	3:21.67	3:21.4	3:26.44	3:25.2	3:27.96	3:27.7	3:32.69	3:32.4	3:35.32	2:35.0	3:36.47	3:36.2



2019 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	12.24	12.0	12.52	12.2	12.56	12.3	12.88	12.6	13.13	12.8	13.18	12.9
200	25.19	24.9	25.78	25.5	25.96	25.7	26.62	26.3	27.15	26.9	27.12	26.8
400	57.88	57.6	59.27	59.0	1:00.33	1:00.0	1:01.03	1:00.7	1:01.38	1:01.1	1:02.26	1:02.0
800	2:14.37	2:14.1	2:20.75	2:20.5	2:23.42	2:23.1	2:24.96	2:24.7	2:26.13	2:25.8	2:31.56	2:31.3
1500	4:36.20	4:35.9	4:45.60	4:45.3	4:51.99	4:51.7	5:01.56	5:00.3	5:02.98	5:02.7	5:09.75	5:09.5
3000	10:08.21	10:07.9	10:32.20	10:31.9	10:34.61	10:34.3	11:03.40	11:03.1	10:59.15	11:58.9	11:32.70	11:32.4
100 High Hurdles	15.00	14.7	15.69	15.4	15.93	15.6	16.38	16.1	17.22	16.9	17.21	16.9
300 Int Hurdles	45.60	45.3	46.50	46.2	47.09	46.8	48.72	48.4	49.50	49.2	48.87	48.6
Long Jump		17-8		17-0		16-9		15-11		15-10		15-9
Triple Jump		37-3		35-6		35-1		34-4		33-6		33-3
Shot Put		39-9		36-10		39-0		35-9		35-9		33-1
Discus		129-11		118-1		120-4		115-5		114-7		100-1
Javelin		134-10		122-7		122-4		125-0		111-7		111-4
High Jump		5-4		5-2		5-2		5-0		5-0		4-11
Pole Vault		11-3		10-10		10-3		9-6		8-10		8-3

(Three-year average of third place)

4x100 Relay	48.16	47.9	49.59	49.3	50.29	50.0	51.23	50.9	52.05	51.8	53.27	53.0
4x400 Relay	3:58.99	3:58.7	4:04.31	4:04.0	4:09.14	4:08.9	4:11.57	4:11.3	4:15.07	4:15.8	4:24.95	4:24.7