

# *UHSAA Track & Field State Qualifying Standards*

2012

## **Girls' Standards**

<b>Event</b>	<b>1A</b>	<b>2A</b>	<b>3A</b>	<b>4A</b>	<b>5A</b>
100 M. Dash	13.83	13.44	13.11	12.92	12.81
200 M. Dash	28.60	27.71	26.89	26.50	26.24
400 M. Dash	1:05.61	1:02.99	1:00.05	1:00.01	59.40
800 M. Run	2:35.81	2:33.62	2:25.08	2:22.84	2:21.65
1600 M. Run	5:49.90	5:49.95	5:27.23	5:18.84	5:19.87
3200 M. Run	12:59.41	13:09.56	11:53.92	11:36.25	11:37.15
100 M. Hurdles	18.16	17.63	16.73	16.74	16.12
300 M. Hurdles	52.18	51.08	48.07	47.91	46.87
4x100 M. Relay	56.34	54.51	52.11	50.84	50.66
Medley Relay	4:56.83	4:52.27	4:29.98	4:26.72	4:25.26
4x400 M. Relay	4:51.49	4:35.18	4:14.03	4:08.71	4:07.81
Discus	85' 7"	86' 2"	101' 7"	98' 10"	104' 3"
Javelin	96' 11"	98' 4"	103' 1"	105' 4"	105' 10"
Shot Put	30' 6"	30' 7"	32' 7"	34' 1"	34' 9"
High Jump	4' 7"	4' 9"	4' 11"	5' 1"	5' 1"
Long Jump	14' 7"	15' 3"	16' 2"	16' 3"	16' 1"

## **Boys' Standards**

<b>Event</b>	<b>1A</b>	<b>2A</b>	<b>3A</b>	<b>4A</b>	<b>5A</b>
100 M. Dash	11.98	11.67	11.50	11.38	11.22
200 M. Dash	24.21	23.53	23.13	23.05	22.84
400 M. Dash	54.02	52.75	51.96	50.78	50.52
800 M. Run	2:09.70	2:07.66	2:01.71	1:59.42	1:58.70
1600 M. Run	4:52.56	4:49.93	4:35.87	4:27.70	4:25.71
3200 M. Run	10:51.92	10:48.77	10:05.08	9:47.97	9:41.67
110 M. Hurdles	17.79	17.43	16.26	16.06	15.62
300 M. Hurdles	44.44	44.71	41.88	40.99	40.69
4x100 M. Relay	48.37	46.34	45.22	44.51	44.13
Medley Relay	4:10.57	4:01.46	3:47.64	3:44.79	3:41.43
4x400 M. Relay	3:58.19	3:47.06	3:34.33	3:30.38	3:28.75
Discus	114' 9"	118' 8"	129' 4"	130' 3"	139' 7"
Javelin	148' 4"	143' 5"	158' 3"	154' 5"	156' 0"
Shot Put	39' 11"	40' 7"	44' 10"	45' 9"	47' 10"
High Jump	5' 9"	5' 9"	6' 0"	6' 0"	6' 1"
Long Jump	18' 8"	19' 6"	20' 2"	20' 6"	20' 9"
Pole Vault	8' 0"	10' 0"	8' 6"	9' 11"	12' 8"

formula to calculate the standard:  $(3X + Y)$  divided by 4 = new standard

X=current standard, Y=previous year 8th place performance