

UHSAA Track & Field State Qualifying Standards

2013

Girls' Standards

Event	1A	2A	3A	4A	5A
100 M. Dash	13.89	13.42	13.13	12.97	12.82
200 M. Dash	28.67	27.67	26.88	26.51	26.26
400 M. Dash	1:06.27	1:02.96	1:00.39	1:00.02	1:00.02
800 M. Run	2:35.32	2:33.23	2:23.99	2:22.64	2:21.59
1600 M. Run	5:52.36	5:52.88	5:25.04	5:17.12	5:18.45
3200 M. Run	13:06.89	13:12.33	11:47.20	11:30.06	11:37.16
100 M. Hurdles	18.07	17.46	16.70	16.63	16.14
300 M. Hurdles	52.48	50.49	48.15	47.54	46.93
4x100 M. Relay	56.29	54.16	52.01	50.91	50.68
Medley Relay	4:59.37	4:50.58	4:30.42	4:25.98	4:26.06
4x400 M. Relay	4:52.36	4:32.58	4:13.00	4:08.35	4:07.76
Discus	84' 4"	88' 5"	102' 11"	99' 2"	104' 9"
Javelin	93' 7"	98' 5"	104' 4"	103' 3"	105' 9"
Shot Put	29' 7"	30' 7"	32' 3"	33' 1"	34' 5"
High Jump	4' 7"	4' 9"	4' 11"	5' 1"	5' 1"
Long Jump	14' 6"	15' 5"	16' 3"	16' 3"	16' 1"

Boys' Standards

Event	1A	2A	3A	4A	5A
100 M. Dash	11.98	11.71	11.50	11.36	11.23
200 M. Dash	24.21	23.57	23.19	23.00	22.71
400 M. Dash	54.09	52.53	51.70	50.94	50.62
800 M. Run	2:10.35	2:07.09	2:01.09	1:59.56	1:58.43
1600 M. Run	4:54.48	4:48.70	4:35.24	4:26.50	4:25.87
3200 M. Run	10:53.02	10:45.14	10:01.11	9:47.18	9:39.40
110 M. Hurdles	17.92	17.28	16.17	15.96	15.69
300 M. Hurdles	44.72	44.22	42.01	41.09	41.05
4x100 M. Relay	48.19	46.20	45.13	44.72	44.10
Medley Relay	4:10.93	4:00.84	3:47.41	3:44.55	3:41.61
4x400 M. Relay	3:56.31	3:45.89	3:33.80	3:30.83	3:28.98
Discus	113' 5"	117' 3"	129' 10"	130' 2"	138' 4"
Javelin	147' 8"	141' 4"	158' 0"	152' 6"	156' 8"
Shot Put	39' 7"	40' 5"	44' 9"	45' 11"	47' 4"
High Jump	5' 8"	5' 9"	6' 1"	5' 11"	6' 1"
Long Jump	18' 7"	19' 8"	20' 3"	20' 6"	20' 9"
Pole Vault	8' 0"	10' 0"	8' 5"	10' 0"	12' 6"

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