***UHSAA Track & Field State Qualifying Standards* 2025**

**Girls' Standards**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Event** | | **6A** | **5A** | **4A** | **3A** | **2A** | **1A** |
| **100 M. Dash** | | 12.80 | 12.91 | 12.99 | 13.26 | 13.46 | 14.05 |
| **200 M. Dash** | | 26.00 | 26.07 | 26.33 | 26.98 | 27.69 | 28.88 |
| **400 M. Dash** | | 59.47 | 59.08 | 1:00.45 | 1:01.36 | 1:02.78 | 1:07.11 |
| **800 M. Run** | | 2:17.92 | 2:19.72 | 2:22.66 | 2:27.53 | 2:32.65 | 2:41.20 |
| **1600 M. Run** | | 5:06.06 | 5:09.27 | 5:19.83 | 5:29.32 | 5:43.81 | 6:03.76 |
| **3200 M. Run** | | 11:11.50 | 11:16.67 | 11:34.96 | 12:07.86 | 12:41.13 | 13:29.50 |
| **100 M. Hurdles** | | 15.90 | 16.23 | 16.24 | 16.76 | 17.54 | 18.68 |
| **300 M. Hurdles** | | 46.68 | 47.09 | 47.15 | 49.46 | 50.26 | 53.33 |
| **High Jump** | | 5-ft. 01-in. | 5-ft. 00-in. | 4-ft. 11-in. | 4-ft. 11-in. | 4-ft. 10-in. | 4-ft. 08-in. |
| **Long Jump** | | 16-ft. 03-in. | 16-ft. 06-in. | 15-ft. 11-in. | 15-ft. 08-in. | 15-ft. 05-in. | 14-ft. 03-in. |
| **Pole Vault** | | 10-ft. 00-in. | 7-ft. 06-in. | 7-ft. 00-in. | 7-ft. 00-in. | 7-ft. 00-in. | 7-ft. 00-in. |
| **Shot Put** | | 34-ft.05-in. | 34-ft.00-in. | 34-ft.00-in. | 32-ft.04-in. | 30-ft.04-in. | 30-ft.05-in. |
| **Discus** | | 105-ft. 04-in. | 104-ft. 01-in. | 99-ft. 06-in. | 97-ft. 03-in. | 91-ft. 07-in. | 87-ft. 03-in. |
| **Javelin** | | 100-ft. 00-in. | 103-ft. 02-in. | 105-ft. 03-in. | 100-ft. 06-in. | 98-ft. 06-in. | 94-ft. 06-in. |
| **4x100 M. Relay** | | 50.51 | 51.07 | 51.28 | 52.65 | 54.49 | 58.00 |
| **Medley Relay** | |  |  |  | 4:35.36 | 4:49.15 | 5:12.22 |
| **4x400 M. Relay** | | 4:06.45 | 4:08.18 | 4:10.02 | 4:20.70 | 4:37.25 | 5:01.84 |
| **4x200m Relay** | | 1:47.03 | 1:47.52 | 1:49.68 |  |  |  |
| **4x800m Relay** | | 9:52.45 | 9:53.95 | 10:15.90 |  |  |  |
|  |

***UHSAA Track & Field State Qualifying Standards* 2025**

**Boys' Standards**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Event** | **6A** | **5A** | **4A** | **3A** | **2A** | **1A** |
| **100 M. Dash** | 11.09 | 11.22 | 11.30 | 11.48 | 11.76 | 11.98 |
| **200 M. Dash** | 22.52 | 22.49 | 23.02 | 23.25 | 24.03 | 24.33 |
| **400 M. Dash** | 50.15 | 50.36 | 51.34 | 51.69 | 53.12 | 54.58 |
| **800 M. Run** | 1:56.46 | 1:56.80 | 1:59.17 | 2:02.95 | 2:06.08 | 2:10.35 |
| **1600 M. Run** | 4:13.31 | 4:20.01 | 4:28.93 | 4:34.92 | 4:43.61 | 4:57.70 |
| **3200 M. Run** | 9:23.25 | 9:32.57 | 9:46.76 | 10:04.89 | 10:32.22 | 11:10.76 |
| **110 M. Hurdles** | 15.73 | 15.82 | 15.88 | 16.58 | 17.57 | 18.50 |
| **300 M. Hurdles** | 40.74 | 41.33 | 40.88 | 42.47 | 44.44 | 45.91 |
| **High Jump** | 6-ft 01-in. | 6-ft 01-in. | 6-ft 01-in. | 5-ft. 11-in. | 5-ft. 09-in. | 5-ft. 07-in. |
| **Long Jump** | 20-ft. 11-in. | 20-ft. 05-in. | 20-ft. 06-in. | 20-ft. 00-in. | 19-ft. 04-in. | 18-ft. 09-in. |
| **Pole Vault** | 12-ft. 09-in. | 11-ft. 03-in. | 9-ft. 00-in. | 9-ft. 00-in. | 9-ft. 00-in. | 9-ft. 00-in. |
| **Shot Put** | 48-ft. 00-in. | 46-ft. 02-in. | 45-ft. 03-in. | 43-ft. 02-in. | 40-ft. 07-in. | 38-ft. 10-in. |
| **Discus** | 138-ft. 03-in | 133-ft. 01-in. | 129-ft. 03-in. | 125-ft. 06-in. | 113-ft. 02-in. | 109-ft. 01-in. |
| **Javelin** | 154-ft. 05-in. | 154-ft. 07-in. | 152-ft. 10-in. | 147-ft. 08-in | 137-ft. 04-in. | 135-ft. 01-in. |
| **4x100 M. Relay** | 43.57 | 44.06 | 44.41 | 45.44 | 47.15 | 50.03 |
| **Medley Relay** |  |  |  | 3:49.68 | 3:58.44 | 4:11.41 |
| **4x400 M. Relay** | 3:26.16 | 3:29.40 | 3:31.32 | 3:36.97 | 3:45.40 | 4:03.89 |
| **4x200m Relay** | 1:31.15 | 1:32.60 | 1:33.62 |  |  |  |
| **4x800m Relay** | 8:12.11 | 8:12.05 | 8:29.76 |  |  |  |