

South Carolina Track & Cross Country Coaches Association

2023 Track and Field All-State Standards

BOYS

	1A	2A	3A	4A	5A
100 Meters	11.15	11.03	10.80	10.73	10.74
200 Meters	22.91	22.49	21.92	21.68	21.59
400 Meters	51.60	50.84	49.44	49.32	48.72
800 Meters	2:08.90	2:00.81	1:58.82	1:58.11	1:56.88
1600 Meters	4:47.64	4:32.66	4:32.41	4:27.99	4:22.58
3200 Meters	11:05.48	10:14.86	9:56.04	9:38.24	9:37.78
110 Hurdles	15.95	15.36	15.26	15.05	14.74
400 Hurdles	61.02	58.61	57.87	56.54	55.51
400 Relay	43.94	43.55	42.76	42.2	41.91
1600 Relay	3:35.95	3:29.74	3:26.30	3:24.02	3:21.72
3200 Relay	9:08.39	8:33.46	8:14.74	8:09.92	8:03.12
Discus	126'11"	139'11"	148'09"	150'07"	161'06"
High Jump	5'11.25	6'01"	6'03"	6'04"	6'05"
Javelin	137'2"	145'11"	160'04"	164'04"	167'03"
Long Jump	21'0.75"	21'9.75"	22'02"	22'04"	23'02.5"
Pole Vault	9'4	12'01"	12'08"	13'3"	14'06"
Shot Put	44'01"	46'10"	47'11.75"	50'05"	54'10.25"
Triple Jump	42'8.5"	44'04.5"	45'2.75"	45'5.25"	47'0"

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GIRLS

	1A	2A	3A	4A	5A
100 Meters	12.79	12.38	12.33	12.22	11.95
200 Meters	26.62	25.47	25.50	25.14	24.42
400 Meters	62.48	59.32	59.58	57.21	56.17
800 Meters	2:42.61	2:25.82	2:24.09	2:22.44	2:19.19
1600 Meters	6:06.61	5:30.09	5:20.84	5:09.48	5:10.62
3200 Meters	14:28.78	12:14.67	11:54.11	11:33.41	11:27.93
100 Hurdles	17.79	15.96	15.71	15.48	14.73
400 Hurdles	75.6	69.10	68.1	67.04	64.29
400 Relay	51.6	50.20	50.25	48.51	47.21
1600 Relay	4:32.17	4:13.64	4:14.17	4:02.96	3:57.80
3200 Relay	11:45.56	10:19.26	10:02.46	9:53.11	9:42.99
Discus	93'9	112'04"	109'08"	120'04"	123'03"
High Jump	4'10"	4'11"	4"11	5'01"	5"03"
Javelin	87'4"	101'00"	108'06"	109'11"	108'02"
Long Jump	16'00"	16'11.5"	16'08"	17'07.75"	18'4.25"
Pole Vault	7'8"	10'03"	10'01"	10'01"	11'01"
Shot Put	33'09"	37'02"	36'3.75"	36'01.75"	37'11.75"
Triple Jump	32'10"	35'02"	36'00.5"	36'06"	37'10.5"