

Indoor Track 2024-2025 PSAL Qualifying Standards Proposed

	BOYS		GIRLS		FIELD Minimum
	Auto	Entry	Auto	Entry	
55m	6.87	6.91	7.69	7.81	24
55mHH	9.07	9.31	10.02	10.35	18
300m	37.31	37.67	43.99	44.46	24
600m	1:29.14	1:29.91	1:47.30	1:48.40	18
1000m	2:47.18	2:48.95	3:21.68	3:24.38	18
1500m	-----	-----	5:22.86	5:29.76	18
1600m	4:44.50	4:46.96			18
1500m RW	-----	-----	9:24.12	9:51.32	8
3000m	-----	-----	11:43.35	11:59.85	18
3200m	10:29.22	10:40.96	-----	-----	18
Shot Put	37-1	35-2	30-1	28-9.5	8
Weight Throw	39-10	36-10.75	31-2	29-3	8
High Jump	5-8	5-6	4-8	4-6	8 (Ties)
Long Jump	19-10	19-2	15-9	15-4	8
Triple Jump	39-9	38-10	31-5	29-7.5	8
Pole Vault	10-0	9-6	7-0	6-0	8 (Ties)
4x200m	1:37.24	1:38.46	1:52.86	1:55.68	12
4x400	3:39.70	3:44.75	4:22.82	4:28.59	12
4x800	8:47.35	8:59.81	10:31.31	10:50.59	12