

PSAL Outdoor Track City Championship Standards 2026

	Boys		Girls		Secondary After Scratches
	Auto	Entry	Auto	Entry	
100m	11.34	11.42	12.96	13.07	32
200m	23.11	23.25	26.86	27.12	32
400m	52.37	52.78	1:02.00	1:02.54	24
800m	2:04.55	2:06.01	2:31.99	2:33.85	24
1500m	-----	-----	5:18.39	5:23.01	24
1600m	4:40.65	4:43.61	-----	-----	24
3000m	-----	-----	11:43.42	11:59.91	24
3200m	10:19.72	10:30.61	-----	-----	24
1500mRW	-----	-----	9:23.82	9:51.99	12
100m HH	-----	-----	17.35	18.08	24
110m HH	16.93	17.52	-----	-----	24
400m IH	1:03.80	1:05.02	1:14.34	1:15.84	24
2000m SC	-----	-----	8:22.57	8:43.43	24
3000m SC	11:01.48	11:24.16	-----	-----	24
Discus	101-4	97-5.5	78-8.5	74-10	12
Shot Put	38-1.5	36-11.5	30-11.25	30-0	12
Javelin	110-7.25	107-1.25	72-10	69-0	12
High Jump	5-8	5-6	4-9	4-7	12
Long Jump	19-11.5	19-7	16-2	15-8	12
Triple Jump	39-9.5	38-11	31-10.25	31-0	12
Pole Vault	10-0	9-4	7-0	6-0	12
Pentathlon	2255	2077	1964	1754	12
4x100	45.56	46.20	52.45	53.76	24
4x400	3:37.84	3:41.89	4:19.73	4:25.98	16
4x800	8:47.55	8:56.22	10:37.74	10:48.47	16