

## 2026 Qualifying Standards

Boys						
EVENT	6A	5A	4A	3A	2A	1A
100m	10.89	10.97	11.23	11.21	11.38	11.59
200m	22.30	22.20	22.87	23.07	23.72	23.52
400m	50.38	49.95	51.91	52.36	54.25	54.34
800m	1:57.19	1:57.77	2:04.31	2:06.79	2:11.97	2:13.15
1600m	4:19.46	4:22.06	4:37.64	4:44.32	4:49.05	4:55.22
3200m	9:30.89	9:49.26	10:20.18	10:44.14	10:49.10	11:03.06
110m HH	15.13	15.45	15.55	15.74	17.24	17.91
300m IH	40.47	40.73	41.33	42.21	44.66	45.70
4x100m	42.86	43.24	44.49	44.61	45.85	46.40
4x200m	1:30.14	1:29.87	1:32.56	1:34.10	1:36.91	1:37.83
4x400m	3:26.14	3:27.70	3:37.05	3:40.34	3:48.12	3:50.96
4x800m	8:05.66	8:16.79	8:40.40	8:54.94	9:19.30	9:32.49
High Jump	6'3"	6'4"	6'2"	6'1"	5'11"	5'10"
Long Jump	22'10"	22'0"	21'5"	21'1"	20'3"	20'1"
Triple Jump	44'10"	45'0"	43'6"	43'4"	41'9"	40'10"
Shot Put	50'7"	49'5"	47'8"	43'4"	43'9"	40'4"
Discus	148'7"	148'5"	138'4"	129'10"	128'0"	120'7"
Pole Vault	13'10"	14'3"	12'10"	11'4"	11'2"	9'3"

Girls						
EVENT	6A	5A	4A	3A	2A	1A
100m	12.47	12.62	12.73	13.03	13.24	13.38
200m	25.47	26.02	26.68	26.20	27.45	28.76
400m	59.67	1:00.01	1:02.39	1:02.22	1:04.42	1:06.55
800m	2:20.94	2:26.63	2:29.90	2:32.32	2:39.42	2:42.87
1600m	5:10.35	5:26.36	5:36.71	5:39.19	5:56.16	6:05.80
3200m	11:24.90	11:55.16	12:33.24	12:43.62	13:22.56	13:40.43
100m IH	15.15	16.08	16.43	17.26	17.24	18.27
300m IH	45.96	47.39	48.32	50.25	51.86	53.48
4x100m	49.91	50.00	51.46	53.01	54.11	55.13
4x200m	1:45.25	1:46.08	1:50.10	1:53.03	1:55.39	1:59.94
4x400m	4:08.34	4:13.46	4:23.96	4:28.74	4:33.80	4:50.22
4x800m	9:57.92	10:08.97	10:40.27	10:57.26	11:17.91	11:37.41
High Jump	5'3"	5'3"	5'1"	4'10"	4'10"	4'8"
Long Jump	17'10"	17'5"	16'10"	16'0"	15'7"	15'0"
Triple Jump	36'2"	36'9"	34'8"	34'4"	33' 10"	31'8"
Shot Put	36'4"	36'7"	35'0"	33'6"	31'11"	30'8"
Discus	114'0"	115'2"	103'1"	101'4"	93'9"	90'9"
Pole Vault	10'3"	10'9"	9'10"	8'7"	8'4"	6'7"