

Qualifying Times and Distances for STATE 2023

Track and Field

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| **Events** | **Boys** | **Girls** |
| **Individual Events** |  |  |
| Shot Put\* | 27 feet, 0 inches | 26 feet, 0 inches |
| Discus\*\* | 70 feet, 0 inches | 55 feet, 0 inches |
| High Jump\*\*\* | 4 feet, 4 inches | 4 feet, 0 inches |
| Long Jump | 13 feet, 6 inches | 12 feet, 0 inches |
|  |  |  |
| 100 Meter Dash | 14.0 seconds | 15.0 seconds |
| 200 Meter Dash | 29.0 seconds | 32.0 seconds |
| 400 Meter Dash | 68.0 seconds | 72.0 seconds |
| 800 Meter Dash | 2 minutes, 45 seconds | 3 minutes, 0 seconds |
| 1600 Meter Run | 6 minutes, 12 seconds | 7 minutes, 0 seconds |
|  |  |  |
| **Team Events** |  |  |
| 4 x 100 Meter Relay | 60.0 seconds | 65.0 seconds |
| 4 x 400 Meter Relay | 5 minutes, 0 seconds | 5 minutes, 20 seconds |

\*Boys will use the 4 kg shot (8.8 lb), girls will use the 6 pound shot.

\*\*All boy and girl throwers will use the 1 kg discus.

\*\*\*High Jump Note: The starting competition heights will be 4’ 2” for boys and 3’ 10” for girls.

IMPORTANT INFORMATION –

1. These distances and times can be achieved either during an actual meet or by a coach timing / measuring at a practice session. Please note the size of shot put and discus noted above.
2. These are the times / distances that will get your kids into state. Each school is able to enter 3 athletes per event, per gender and one relay team per event per gender.
3. All athletes that meet a standard will need to be entered on athletic.net (details on how to do that coming soon).
4. Fees for participation in the meet will be as follows:

 $12 (1 event), $18 (2 events), $24 (3 events), $28 (4 events)  
$300 maximum charge per school