



Qualifying Times and Distances for STATE 2018  
Track and Field

Events	Boys	Girls
<b>Individual Events</b>		
Shot Put*	26 feet, 0 inches	26 feet, 0 inches
Discus**	50 feet, 0 inches	40 feet, 0 inches
High Jump***	4 feet, 4 inches	4 feet, 0 inches
Long Jump	13 feet, 0 inches	12 feet, 0 inches
100 Meter Dash	14.0 seconds	14.5 seconds
200 Meter Dash	29.8 seconds	31.3 seconds
400 Meter Dash	68.0 seconds	73.0 seconds
800 Meter Dash	2 minutes, 45 seconds	3 minutes, 0 seconds
1600 Meter Run	6 minutes, 0 seconds	6 minutes, 45 seconds
<b>Team Events</b>		
4 x 100 Meter Relay	61.0 seconds	65.0 seconds
4 x 400 Meter Relay	5 minutes, 10 seconds	5 minutes, 30 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' 0" for boys and 3' 8" 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. We have set the discus standards low to encourage more athletes to compete in that event.
- 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:  
 \$10 (1 event), \$15 (2 events), \$21 (3 events), \$25 (4 events)  
 \$300 maximum charge per school  
 We are working on being able to charge fees at the time that you register all your athletes this year.