



Qualifying Times and Distances for STATE 2026 Track and Field

Events	Boys	Girls
Individual Events		
Shot Put*	28 feet, 0 inches	27 feet, 0 inches
Discus**	70 feet, 0 inches	55 feet, 0 inches
High Jump***	4 feet, 6 inches	4 feet, 0 inches
Long Jump	14 feet, 0 inches	12 feet, 6 inches
100 Meter Dash	14.0 seconds	15.0 seconds
200 Meter Dash	28.7 seconds	31.5 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	59.0 seconds	62.0 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)
 \$500 maximum charge per school