SIJHSAA Track & Field State Qualifying Standards

Revised as of 10-6-17

Boys Qualifying Standards

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| **Event** | **Class S**  **Manual** | **Class S**  **F.A.T.** | **Class L**  **Manual** | **Class L**  **F.A.T** |
| Pole Vault | N/A | N/A | 8’6” | 8’6” |
| High Jump | 5’3” | 5’3” | 5’5” | 5’5” |
| Long Jump | 17’ | 17’ | 17’6” | 17’6” |
| Shot Put | 43’ | 43’ | 44’ | 44’ |
| Discus | 120’ | 120’ | 125’ | 125’ |
| 100m Hurdles | 15.8 | 16.04 | 15.4 | 15.64 |
| 7th Grade Relay | 1:51 | 1:51.24 | 1:48 | 1:48.24 |
| 400m Relay | N/A | N/A | 49.0 | 49.24 |
| 400m Dash | 59.0 | 59.24 | 58.0 | 58.24 |
| 1600m Run | 5:20 | 5:20.24 | 5:08 | 5:08.24 |
| Varsity Relay | 1:49 | 1:49.24 | 1:44 | 1:44.24 |
| 7th Grade 100m Dash | 12.8 | 13.04 | 12.3 | 12.54 |
| 8th Grade 100m Dash | 12.3 | 12.54 | 11.8 | 12.04 |
| 800m Run | 2:23 | 2:23.24 | 2:18 | 2:18.24 |
| 200m Dash | 26.0 | 26.24 | 25.0 | 25.24 |
| 1600m Relay | 4:15 | 4:15.24 | 4:02 | 4:02.24 |

Girls Qualifying Standards

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| **Event** | **Class S** **Manual** | **Class S** **F.A.T.** | **Class L**  **Manual** | **Class L**  **F.A.T.** |
| Pole Vault | N/A | N/A | 6’6” | 6’6” |
| High Jump | 4’7” | 4’7” | 4’10” | 4’10” |
| Long Jump | 14’9” | 14’9” | 15’3” | 15’3” |
| Shot Put | 30’ | 30’ | 31’ | 31’ |
| Discus | 85’ | 85’ | 90’ | 90’ |
| 100m Hurdles | 18.0 | 18.24 | 17.3 | 17.54 |
| 400m Relay | 56.5 | 56.74 | 54.0 | 54.24 |
| 400m Dash | 1:06.5 | 1:06.74 | 1:04.5 | 1:04.74 |
| 1600m Run | 6:03 | 6:03.24 | 5:50 | 5:50.24 |
| Varsity Relay | 1:59 | 1:59.24 | 1:56 | 1:56.24 |
| 7th Grade 100m Dash | 13.9 | 14.14 | 13.5 | 13.74 |
| 8th Grade 100m Dash | 13.5 | 13.74 | 13.0 | 13.24 |
| 800m Run | 2:42 | 2:42.24 | 2:37 | 2:37.24 |
| 200m Dash | 28.5 | 28.74 | 28.0 | 28.24 |
| 1600m Relay | 4:48 | 4:48.24 | 4:37 | 4:37.24 |