

Michigan High School Athletic Association, Inc.
East Lansing, Michigan 48823

--- ADDITIONAL QUALIFYING STANDARDS ---
2018-19 BOYS AND GIRLS TRACK AND FIELD REGIONAL TRACK MEET

	DIV. 1		DIV. 2		DIV. 3		DIV. 4	
	B	G	B	G	B	G	B	G
Pole Vault	12'0	9'0	11'3	8'6	11'0	8'0	9'6	7'0
Shot Put	45'0	32'7	44'0	32'0	42'3	30'2	39'7	28'9
High Jump	5'10	4'10	5'9	4'10	5'8	4'8	5'6	4'5
Long Jump	19'11	15'7	19'5	15'0	18'8	14'5	18'2	14'1
Discus	130'0	98'0	125'0	93'0	119'0	88'5	110'0	82'6
3200 M Relay								
110 M 39' HH	16.02		16.80		17.40		18.50	
100 M 33' H		17.00		17.60		18.35		19.20
100 M Dash	11.50	13.20	11.68	13.45	11.88	13.75	12.15	14.10
800 M Relay								
1600 M Run	4:38.0	5:31.00	4:46.0	5:45.0	4:52.0	6:01.0	5:00.0	6:10.0
400 M Relay								
400 M Dash	52.40	1:02.24	53.40	1:04.5	54.30	1:05.80	55.90	1:08.0
100 M I.H.	42.30		43.50		44.52		46.50	
300 M L.H.		50.30		51.60		53.65		56.0
800 M Run	2:02.50	2:27.00	2:06.0	2:34.0	2:08.70	2:39.0	2:14.0	2:44.0
200 M Dash	23.40	27.40	23.95	28.18	24.18	28.71	24.95	29.30
3200 M Run	10:00.00	11:55.00	10:25.0	12:40.0	10:44.0	12:52.0	11:09.0	13:40.0
1600 M Relay								

ALL TIMES FAT

--- ADDITIONAL QUALIFYING STANDARDS ---
2018-19 BOYS AND GIRLS TRACK AND FIELD FINAL TRACK MEET

	DIV. 1		DIV. 2		DIV. 3		DIV. 4	
	B	G	B	G	B	G	B	G
Pole Vault	13'0	10'3	12'10	9'3	12'3	9'0	11'6	8'3
Shot Put	48'6	36'2	48'2	36'0	47'5	34'4	44'0	32'6
High Jump	6'3	5'2	6'2	5'2	6'0	5'0	5'11	4'10
Long Jump	21'2	16'9	20'8	16'4	20'1	15'7	19'7	15'4
Discus	145'3	112'6	140'0	108'0	134'0	102'5	125'10	98'9
3200 M Relay	8:08.00	9:44.00	8:21.00	10:05.00	8:30.0	10:22.0	8:45.0	10:34.00
110 M 39' HH	15.10		15.50		15.90		16.70	
100 M 33' H		15.70		16.21		16.90		17.50
100 M Dash	11.15	12.65	11.30	12.90	11.40	13.20	11.65	13.40
800 M Relay	1:30.70	1:46.60	1:32.80	1:49.20	1:34.85	1:51.50	1:36.40	1:54.40
1600 M Run	4:25.00	5:10.00	4:32.00	5:22.00	4:35.40	5:28.0	4:45.0	5:37.00
400 M Relay	43.70	50.54	44.70	51.90	45.45	52.95	46.20	54.20
400 M Dash	50.50	59.30	51.30	1:01.10	52.00	1:02.36	53.05	1:03.50
300 M I.H.	40.20		41.00		42.40		43.10	
300 M L.H.		47.46		48.60		49.70		50.90
800 M Run	1:58.00	2:19.50	2:01.00	2:25.00	2:02.50	2:27.50	2:06.50	2:32.0
200 M Dash	22.50	26.00	23.00	26.75	23.25	27.28	23.70	27.75
3200 M Run	9:36.00	11:13.00	9:53.00	11:43.50	10:07.0	12:05.0	10:32.0	12:37.50
1600 M Relay	3:27.0	4:07.50	3:31.30	4:13.90	3:34.80	4:19.50	3:39.70	4:27.00

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