

2024 MSHSL State Track and Field Standards

Girls A	
<u>Event</u>	<u>2024 Standard</u>
100m	0:12.72
200m	0:26.34
400m	1:00.05
800m	2:21.34
1600m	5:21.87
3200m	11:31.64
100m H	0:16.06
300m H	0:47.48
4x100m	0:50.94
4x200m	1:48.07
4x400m	4:08.82
4x800m	9:59.01
HJ	5'1"
PV	10'1"
LJ	16'10"
TJ	34'9"
SP	37'7"
DT	114'2"

Girls AA	
<u>Event</u>	<u>2024 Standard</u>
100m	0:12.68
200m	0:26.00
400m	0:59.71
800m	2:19.60
1600m	5:08.63
3200m	11:24.48
100m H	0:15.82
300m H	0:46.26
4x100m	0:50.36
4x200m	1:45.77
4x400m	4:05.74
4x800m	9:47.37
HJ	5'1"
PV	10'1"
LJ	16'5"
TJ	36'1"
SP	36'0"
DT	112'6"

Girls AAA	
<u>Event</u>	<u>2024 Standard</u>
100m	0:12.46
200m	0:25.82
400m	0:58.40
800m	2:15.82
1600m	5:04.54
3200m	10:59.74
100m H	0:15.28
300m H	0:45.85
4x100m	0:49.28
4x200m	1:44.18
4x400m	4:00.98
4x800m	9:35.31
HJ	5'2"
PV	10'11"
LJ	17'4"
TJ	36'2"
SP	38'2"
DT	124'2"

Boys A	
<u>Event</u>	<u>2024 Standard</u>
100m	0:11.21
200m	0:22.66
400m	0:51.40
800m	1:59.11
1600m	4:28.41
3200m	9:47.95
110m H	0:15.55
300m H	0:41.30
4x100m	0:44.42
4x200m	1:32.66
4x400m	3:30.89
4x800m	8:18.77
HJ	6'2"
PV	12'10"
LJ	20'10"
TJ	42'6"
SP	48'11"
DT	143'4"

Boys AA	
<u>Event</u>	<u>2024 Standard</u>
100m	0:11.18
200m	0:22.53
400m	0:50.47
800m	1:58.58
1600m	4:25.61
3200m	9:38.98
110m H	0:15.46
300m H	0:40.66
4x100m	0:43.37
4x200m	1:30.93
4x400m	3:29.07
4x800m	8:13.15
HJ	6'1"
PV	12'11"
LJ	20'11"
TJ	42'3"
SP	50'2"
DT	148'4"

Boys AAA	
<u>Event</u>	<u>Standard</u>
100m	0:11.11
200m	0:22.12
400m	0:49.95
800m	1:56.59
1600m	4:20.00
3200m	9:22.37
110m H	0:15.19
300m H	0:40.14
4x100m	0:42.79
4x200m	1:29.19
4x400m	3:24.50
4x800m	8:05.13
HJ	6'2"
PV	12'11"
LJ	21'8"
TJ	43'10"
SP	52'0"
DT	150'8"