



2022-2023 MINNESOTA STATE HIGH SCHOOL LEAGUE

MSHSL Girls Track and Field State Standards

Class A Girls	
Event	2023
100m	0:12.72
200m	0:26.28
400m	0:59.64
800m	2:20.35
1600m	5:19.83
3200m	11:27.97
100m H	0:15.77
300m H	0:46.99
4x100m	0:50.99
4x200m	1:47.35
4x400m	4:07.29
4x800m	9:49.26
HJ	5'2"
PV	10'2"
LJ	16'11"
TJ	35'6"
SP	38'5"
DT	119'6"

Class AA Girls	
Event	2023
100m	0:12.59
200m	0:25.80
400m	0:58.42
800m	2:16.51
1600m	5:02.90
3200m	11:01.41
100m H	0:15.38
300m H	0:45.47
4x100m	0:49.92
4x200m	1:44.86
4x400m	4:03.41
4x800m	9:33.36
HJ	5'3"
PV	10'8"
LJ	17'2"
TJ	36'9"
SP	37'8"
DT	120'5"

Class AAA Girls	
Event	2023
100m	0:12.24
200m	0:25.06
400m	0:57.31
800m	2:15.54
1600m	4:59.99
3200m	10:52.59
100m H	0:14.85
300m H	0:44.82
4x100m	0:48.92
4x200m	1:43.88
4x400m	3:59.92
4x800m	9:27.36
HJ	5'4"
PV	11'4"
LJ	17'6"
TJ	37'1"
SP	40'1"
DT	129'6"



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MSHSL Boys Track and Field State Standards

Class A Boys	
Event	2023
100m	0:11.24
200m	0:22.67
400m	0:50.91
800m	1:59.25
1600m	4:27.43
3200m	9:48.94
110m H	0:15.67
300m H	0:41.24
4x100m	0:44.25
4x200m	1:32.21
4x400m	3:29.96
4x800m	8:20.80
HJ	6'2"
PV	13'5"
LJ	20'11"
TJ	43'6"
SP	50'0"
DT	148'8"

Class AA Boys	
Event	2023
100m	0:11.20
200m	0:22.44
400m	0:49.98
800m	1:57.97
1600m	4:23.40
3200m	9:29.87
110m H	0:15.29
300m H	0:40.29
4x100m	0:43.24
4x200m	1:30.42
4x400m	3:27.99
4x800m	8:05.39
HJ	6'2"
PV	13'5"
LJ	21'6"
TJ	43'5"
SP	51'11"
DT	151'7"

Class AAA Boys	
Event	2023
100m	0:10.91
200m	0:22.03
400m	0:49.54
800m	1:56.45
1600m	4:17.93
3200m	9:18.82
110m H	0:14.82
300m H	0:39.44
4x100m	0:42.81
4x200m	1:28.58
4x400m	3:23.67
4x800m	8:00.66
HJ	6'3"
PV	13'4"
LJ	21'9"
TJ	44'1"
SP	53'6"
DT	156'5"