

2023 Indoor Track Standards

11/7/2022

The standard formula (5x this year's standard and this year's 8th place performance) divided by 6 was used to produce the qualifying standards for the 2022-23 school year.

Event	Class 1/2	Class 3	Class 4	Class 5	Class 6
Boys 55 Meter Dash	6.96	6.77	6.69	6.67	6.62
Boys 300 Meter Dash	38.85	37.33	36.57	36.22	36.11
Boys 500 Meter Dash	1:12.60	1:10.55	1:08.40	1:08.51	1:08.07
Boys 1000 Meter Run	2:50.69	2:45.18	2:39.40	2:39.23	2:36.53
Boys 1600 Meter Run	4:52.95	4:39.24	4:31.75	4:35.28	4:28.22
Boys 3200 Meter Run	10:35.17	10:09.16	9:56.75	9:56.26	9:44.18
Boys 55 Meter Hurdles	9.31	8.37	8.22	8.04	7.89
Boys Pole Vault	8-03.00	10-09.00	11-06.00	11-03.00	12-06.00
Boys High Jump	5-06.00	5-10.00	5-10.00	5-10.00	6-0
Boys Long Jump	19-04.75	20-01.50	20-08.00	20-06.75	21-02.00
Boys Triple Jump	39-01.25	41-06.00	42-08.25	41-10.00	43-02.75
Boys Shot Put	43-06.25	42-08.25	45-03.25	44-02.00	47-07.25
Boys 4x200	1:40.47	1:37.04	1:34.52	1:34.29	1:33.62
Boys 4x400	3:52.58	3:40.41	3:35.06	3:33.73	3:31.66
Boys 4x800	9:14.15	8:44.39	8:29.51	8:20.97	8:15.62

Event	Class 1/2	Class 3	Class 4	Class 5	Class 6
Girls 55 Meter Dash	7.81	7.60	7.55	7.37	7.33
Girls 300 Meter Dash	45.84	43.60	42.84	41.85	41.41
Girls 500 Meter Dash	1:28.22	1:23.86	1:22.25	1:20.44	1:18.68
Girls 1000 Meter Run	3:30.13	3:16.14	3:10.61	3:11.03	3:05.40
Girls 1600 Meter Run	5:56.70	5:36.84	5:23.77	5:30.52	5:16.09
Girls 3200 Meter Run	13:07.63	12:12.52	11:40.38	11:50.77	11:23.20
Girls 55 Meter Hurdles	10.98	9.40	9.16	8.82	8.59
Girls Pole Vault	7-00.00	8-00.00	9-00.00	8-09.00	9-00.00
Girls High Jump	4-07.00	4-10.00	4-10.00	4-10.00	5-00.00
Girls Long Jump	15-03.75	15-11.00	16-07.75	16-10.75	17-04.00
Girls Triple Jump	32-07.25	33-07.75	34-05.75	35-04.75	36-07.75
Girls Shot Put	31-06.75	32-05.75	33-04.75	33-05.00	35-10.00
Girls 4x100	1:58.38	1:53.44	1:50.11	1:47.92	1:47.12
Girls 4x400	4:35.89	4:24.08	4:16.57	4:12.08	4:07.88
Girls 4x800	11:25.16	10:36.46	10:16.75	10:05.40	9:42.07