

# 1A/2A Indoor Track & Field State Meet Qualifying Standards 2022-2023

	<u>Women</u>	<u>Men</u>		
Shot Put	30'6"	40'2"		
Long Jump	15'2"	20'0"		
Triple Jump	31'6"	39'0"		
High Jump	4'8"	5'8"		
Pole Vault	7'6"	9'0"		
	<u>Women</u>	<u>Women</u>	<u>Men</u>	<u>Men</u>
	<u>HHT</u>	<u>F.A.T.</u>	<u>HHT</u>	<u>F.A.T.</u>
4X800 Relay	11:30.0	11:30.24	9:17.0	9:17.24
55 M Hurdles	9.9	10.14	8.8	9.04
55 M Dash	7.4	7.64	6.4	6.64
4X200 Relay	1:58.0	1:58.24	1:36	1:36.24
1600 M	5:46.5	5:46.74	4:45.0	4:45.24
500 M	1:27.0	1:27.24	1:10.0	1:10.24
1000 M	3:25.0	3:25.24	2:48.0	2:48.24
300 M	44.0	44.24	36.8	37.04
3200 M	12:30.0	12:30.24	10:25.0	10:25.24
4X400 Relay	4:47.0	4:47.24	3:50.0	3:50.24
<b>Wheelchair</b>	<u>Women HHT</u>	<u>Women FAT</u>	<u>Men HHT</u>	<u>Men FAT</u>
Shot Put	6'0"	6'0"	8'0"	8'0"
55 M Dash	26.0	26.24	23.0	23.24
<b>Amputee Above Knee</b>				
55 M Dash	9.9	10.14	9.0	9.24
300 M Dash	1:16.0	1:16.24	55.0	55.24
<b>Amputee Below Knee</b>				
55 M Dash	9.4	9.64	TBA	TBA
300 M Dash	54.4	54.64	TBA	TBA