

3A Indoor Track & Field State Meet Qualifying Standards 2022-2023

| | <u>Women</u> | <u>Men</u> | | |
|---------------------------|------------------|------------------|----------------|----------------|
| Shot Put | 31'0" | 43'0" | | |
| Long Jump | 15'6" | 19'3" | | |
| Triple Jump | 32'0" | 38'5" | | |
| High Jump | 4'10" | 5'8" | | |
| Pole Vault | 8'0" | 10'0" | | |
| | <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 | 11:21.0 | 11:21.24 | 8:44.0 | 8:44.24 |
| 55 M Hurdles | 9.20 | 9.44 | 8.10 | 8.34 |
| 55 M Dash | 7.20 | 7.44 | 6.30 | 6.54 |
| 4X200 Relay | 1:55.5 | 1:55.74 | 1:36.0 | 1:36.24 |
| 1600 M | 5:35.0 | 5:35.24 | 4:37.0 | 4:37.24 |
| 500 M | 1:24.0 | 1:24.24 | 1:09.0 | 1:09.24 |
| 1000 M | 3:19.0 | 3:19.24 | 2:42.0 | 2:42.24 |
| 300 M | 43.50 | 43.74 | 36.8 | 37.04 |
| 3200 M | 12:00.0 | 12:00.24 | 10:00.0 | 10:00.24 |
| 4X400 Relay | 4:35.5 | 4:35.74 | 3:45.0 | 3:45.24 |
| Wheelchair | <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 |
| Amputee Above Knee | | | | |
| 55 M Dash | 9.9 | 10.14 | 9.0 | 9.24 |
| 300 M Dash | 1:16.0 | 1:16.24 | 55.0 | 55.24 |
| Amputee Below Knee | | | | |
| 55 M Dash | 9.4 | 9.64 | TBA | TBA |
| 300 M Dash | 54.4 | 54.64 | TBA | TBA |