

## 2026 IHSAA STATE TRACK QUALIFYING STANDARDS

EVENT	QUALIFYING STANDARD			
	2023 3rd place mark	2024 3rd place mark	2025 3rd place mark	FAT Time or Field Mark
110m HH	15.01	14.13	14.16	14.43
300m IH	38.99	38.01	38.00	38.33
100m	10.79	10.71	10.78	10.76
200m	22.05	21.76	21.86	21.89
400m	49.39	48.66	49.30	49.12
800m	1:54.86	1:54.20	1:55.40	1:54.82
1600m run	4:15.67	4:12.47	4:14.03	4:14.06
3200m run	9:16.35	9:08.20	9:07.73	9:10.76
Shot Put	55'10"	54'6.75"	52'0.75"	54'1"
Pole Vault	14'0"	14'6"	15'0"	14'6"
High Jump	6'2"	6'2"	6'4"	6'2"
Long Jump	22'0"	22'3"	22'0.5"	22'0"
Triple Jump	45'1"	44'6.75"	45'0"	44'5"
Discus	158'6"	170'6"	157'7"	162'2"
Javelin			150'9"	

### 5A BOYS

110m HH	14.68	15.07	15.01	14.92
300m IH	38.84	39.41	38.98	39.08
100m	10.86	10.93	11.21	11.00
200m	22.20	22.16	22.35	22.24
400m	50.16	50.13	48.95	49.75
800m	1:56.43	1:58.09	1:57.49	1:57.34
1600m run	4:17.57	4:25.00	4:23.82	4:22.13
3200m run	9:20.81	9:41.48	9:39.99	9:34.09
Shot Put	52'5.5"	50'6.5"	52'8"	51'10"
Pole Vault	14'6"	13'6"	13'6"	13'6"
High Jump	6'2"	6'2"	6'2"	6'2"
Long Jump	21'10"	20'10.5"	20'8"	21'1"
Triple Jump	45'1"	42'6.5"	42'9.5"	43'5"
Discus	147'0"	150'6"	144'4"	147'3"
Javelin			153'7"	

### 4A BOYS

110m HH	15.29	15.20	15.83	15.44
300m IH	40.88	40.13	40.71	40.57
100m	11.23	10.95	11.25	11.14
200m	22.47	22.34	22.62	22.48
400m	50.64	50.21	50.68	50.51
800m	2:03.43	1:57.96	1:59.91	2:00.43
1600m run	4:33.14	4:25.91	4:28.05	4:29.03
3200m run	9:53.76	9:36.11	9:36.05	9:41.97
Shot Put	50'2"	52'8.25"	145'3"	82'8"
Pole Vault	13'0"	12'6"	13'0"	12'6"
High Jump	6'0"	6'0"	6'2"	6'0"
Long Jump	21'5.5"	21'1.25"	21'8"	21'4"
Triple Jump	41'8.75"	44'9.5"	44'6"	43'7"
Discus	143'9"	150'1"	145'3"	146'4"
Javelin			147'0"	

### 3A BOYS

110m HH	15.13	15.65	15.51	15.43
300m IH	40.45	40.51	40.46	40.47
100m	11.47	11.09	11.44	11.33
200m	23.03	22.55	22.98	22.85
400m	50.53	50.67	51.18	50.79
800m	2:01.26	1:59.92	1:59.90	2:00.36
1600m run	4:34.14	4:25.04	4:23.77	4:27.66
3200m run	9:52.50	9:55.56	9:42.44	9:50.17
Shot Put	49'6.5"	47'10"	48'5.25"	48'7"
Pole Vault	12'6"	12'0"	13'0"	12'6"
High Jump	6'2"	6'2"	6'0"	6'0"
Long Jump	21'2"	21'1.25"	20'11"	20'9"
Triple Jump	42'0.75"	42'3.5"	43'7"	42'7"
Discus	156'10"	140'6"	158'5"	151'10"
Javelin			142'1"	

### 2A BOYS

110m HH	16.32	15.62	15.63	15.86
300m IH	41.15	41.40	41.83	41.46
100m	11.41	11.08	11.45	11.31
200m	22.89	22.18	22.97	22.68
400m	52.56	51.65	51.01	51.74
800m	2:01.81	1:56.87	2:00.93	1:59.87
1600m run	4:34.14	4:32.20	4:34.92	4:33.75
3200m run	10:04.02	10:05.15	10:10.05	10:06.41
Shot Put	51'0"	52'3"	49'5.5"	50'10"
Pole Vault	12'6"	12'0"	13'0"	12'6"
High Jump	6'2"	5'8"	6'0"	5'10"
Long Jump	21'3.75"	21'1.5"	20'3"	20'10"
Triple Jump	43'3"	41'10.5"	41'5"	42'1"
Discus	153'3"	148'8"	152'4"	151'4"
Javelin			145'11"	

## 2026 IHSAA STATE TRACK QUALIFYING STANDARDS

EVENT 6A GIRLS	QUALIFYING STANDARD			
	2023 3rd place mark	2024 3rd place mark	2025 3rd place mark	FAT Time or Field Mark
100m H	15.22	14.87	15.00	15.03
300m H	46.16	44.77	45.95	45.63
100m	12.36	11.85	12.52	12.24
200m	25.76	24.57	25.69	25.34
400m	57.98	56.75	58.12	57.62
800m	2:15.34	2:14.88	2:13.57	2:14.60
1600m run	5:00.08	4:56.05	4:55.25	4:57.13
3200m run	10:55.12	10:45.52	10:57.79	10:52.81
Shot Put	38'11.75"	38'11.25"	37' 0"	38' 3"
Pole Vault	11'0"	11'0"	11' 6"	11' 0"
High Jump	5'2"	5'2"	5' 2"	5' 2"
Long Jump	17'7"	17'7"	17' 3.75"	17' 5"
Triple Jump	35'11.75"	36'2"	37' 2.25"	36' 4"
Discus	118'9"	129'10"	120' 2"	122' 11"
Javelin			109' 7"	

### 5A GIRLS

100m H	15.39	16.02	15.56	15.66
300m H	47.01	46.09	47.90	47.00
100m	12.33	12.42	12.68	12.48
200m	25.44	25.66	26.11	25.74
400m	58.51	60.30	58.39	59.07
800m	2:20.97	2:20.01	2:21.41	2:20.80
1600m run	5:06.99	5:06.02	5:13.08	5:08.70
3200m run	11:18.53	11:24.09	11:16.34	11:19.65
Shot Put	34'9.25"	37' 4"	37' 10.5"	36' 4"
Pole Vault	11'0"	10'0"	11' 0"	10' 6"
High Jump	5'2"	5'0"	5' 2"	5' 0"
Long Jump	16'10.75"	16'10"	16' 6"	16' 8"
Triple Jump	34'7.75"	34'6.25"	34' 9"	34' 7"
Discus	116'0"	120'10"	127' 0"	121' 3"
Javelin			115' 2"	

### 4A GIRLS

100m H	15.98	14.94	16.66	15.86
300m H	47.85	46.05	46.27	46.72
100m	13.22	12.73	12.88	12.94
200m	26.78	26.04	26.19	26.34
400m	60.81	60.40	59.41	60.21
800m	2:22.21	2:20.42	2:19.93	2:20.85
1600m run	5:34.04	5:27.13	5:24.26	5:28.48
3200m run	12:19.88	11:57.64	11:35.59	11:57.70
Shot Put	39'4.5"	41'10.25"	40' 2"	40' 5"
Pole Vault	10'0"	9'6"	10' 6"	10' 0"
High Jump	5'0"	5'0"	5' 2"	5' 0"
Long Jump	15'9.5"	17'7.75"	18' 2.25"	17' 2"
Triple Jump	35'8"	35'10"	34' 11"	35' 2"
Discus	112'0"	122'5"	118' 8"	117' 1"
Javelin			104' 11"	

### 3A GIRLS

100m H	16.63	15.74	16.54	16.30
300m H	47.14	46.89	48.06	47.36
100m	12.83	12.58	12.79	12.73
200m	25.99	25.70	26.01	25.90
400m	60.60	59.49	59.81	59.97
800m	2:24.73	2:20.90	2:22.41	2:22.68
1600m run	5:31.54	5:25.70	5:29.68	5:28.97
3200m run	11:44.13	11:58.41	11:52.52	11:51.69
Shot Put	35'9.75"	37'3"	33' 5"	35' 5"
Pole Vault	9'6"	9'0"	9' 0"	9' 0"
High Jump	5'0"	4'10"	5' 0"	4' 10"
Long Jump	16'1"	16'4"	16' 3.75"	16' 2"
Triple Jump	33'0.25"	35'0.5"	33' 8"	33' 10"
Discus	108'3"	110'7"	114' 0"	110' 11"
Javelin			104' 5"	

### 2A GIRLS

100m H	16.46	15.65	16.84	16.32
300m H	47.08	47.52	47.63	47.41
100m	12.96	12.69	13.03	12.89
200m	26.43	25.98	26.82	26.41
400m	59.01	59.71	59.53	59.42
800m	2:19.60	2:18.99	2:22.49	2:20.36
1600m run	5:33.54	5:22.29	5:25.44	5:27.09
3200m run	11:59.54	11:50.59	11:48.94	11:53.02
Shot Put	38'7.5"	38'3"	37' 5"	38' 1"
Pole Vault	10'0"	9'6"	9' 6"	9' 6"
High Jump	4'10"	4'10"	5' 2"	4' 10"
Long Jump	15'10.75"	16'10.5"	17' 0"	16' 6"
Triple Jump	33'1.25"	33'6.5"	34' 0.5"	33' 6"
Discus	118'6"	117'1"	119' 3"	118' 3"
Javelin			104' 11"	

(Qualifying standards are the third place marks averaged over the previous three years.)