

Automatic/ Provisional/2022 State and MVC Track Qualifying Standards

Event	State C Girls	State C Boys	MVC Girls	MVC Boys
100	13.80/14.20	11.90/12.20	14.80	12.80
200	28.60/29.70	24.50/25.20	31.00	26.84
400	1:07.2/1:09.2	56.00/57.50	1:11	1:00
800	2:40/2:48.50	2:10.40/2:16.50	2:55	2:25
1600	6:00/6:20	4:50.00/5:05	6:40	5:20
3200	13:15/13:45	10:40/11:00	14:45	12:20
110/100 HH	18.45/19.50	18.70/20.20	none	none
300 LH	54.00/57.20	46.20/48.20	59.00	55.00
1600 RW	9:40/10:30	8:35/9:35	11:30	10:00
Shot Put	29'/27'	40'6"/36'6"	24'	36'
Discus	85'/75'	110'0"/100'0"	65'	95'
Javelin	85'/80'	137'6"/125'0"	65'	110'
High Jump	4'8"/4'6"	5'6"/5'4"	4'2"	5'
Long Jump	14'9"/13'9"	18'9"/17'9"	12'6"	16'
Triple Jump	29'6"/28'0"	37'6"/36'0"	27'	34'
Pole Vault	7'0"/6'0"	9'6"/8'6"	5'6"	7'0"