

Top 2 individuals will qualify for the state meet. A third finisher will qualify if he/she has made the following standards.

Event	Boys	Girls
55m Dash	6.74	7.44
55m Hurdles	7.94	8.74
300m Dash	36.74	41.94
600m Run	1:24.74	1:38.74
1000m Run	2:35.24	3:02.24
1600/1500m Runs	4:28.74	4:49.54
3200/3000m Runs	9:42.24	10:21.14
1500m Race Walk		7:28.24
Long Jump	21' 06"	17' 02"
Triple Jump	43' 06"	36' 01"
Shot Put	51' 00"	37' 07"
High Jump	6' 02"	5' 03"
Pole Vault	13' 00"	10' 00"
Weight Throw	56' 00"	43' 00"

The third place finisher in the 300, 600, 1000, and 1600/1500 will go in the intersectional medley relay. If the third place finisher has met the state standard in those events, then the 4th place finisher in that event will represent Section V in the state meet.

Standards for the Second place relay. If the second place relay has met the standard, then that team will also qualify for the state meet, along with the first place team

Event	Boys	Girls
4 x 200m Relay	1:34.94	1:47.54
4 x 400m Relay	3:32.44	4:06.94
4 x 800m Relay	8:05.04	9:36.24

The bus to the state meet will be leaving on Friday ,March 1st. Site TBA

Schools sending 5 or more athletes to the state meet will be required to have a Coach travel with Section V Team on the bus.

Visit <https://nysphsaa.org/sports/itrack> for more information.