

NYSPHSAA/Federation Boys & Girls Spring Track Approved Standards for the Second Qualifier for the 2024 Season

EACH SECTION MUST DESIGNATE THEIR STATE QUALIFIER MEET.

FIRST PLACE FINISHER IN EACH INDIVIDUAL EVENT AND RELAY FROM THE FOLLOWING DIVISIONS WILL ADVANCE TO THE STATE MEET: ***DIVISION I AND DIVISION II.***

A SECTION MAY SEND ANOTHER ATHLETE OR RELAY TEAM IN ANY EVENT. THEY MUST BE THE HIGHEST PLACING FINISHER AT THE QUALIFIER THAT HAS MET THE STANDARD LISTED BELOW. ***THE STANDARD MAY BE MET AT ANY INVITATIONAL OR CHAMPIONSHIP MEET AT ANYTIME DURING THE SEASON.***

<u>EVENT</u>	<u>BOYS D1</u>	<u>BOYS D2</u>	<u>GIRLS D1</u>	<u>GIRLS D2</u>
100M DASH	11.0 / 11.23	11.0 / 11.24	12.2 / 12.51	12.5 / 12.81
200M DASH	22.0 / 22.28	22.4 / 22.68	25.4 / 25.63	25.8 / 26.09
400M DASH	49.2 / 49.43	50.4 / 50.68	58.0 / 58.26	59.0 / 59.27
800M RUN	1:55.2 / 1:55.47	1:57.7 / 1:57.95	2:12.3 / 2:12.53	2:17.0 / 2:17.21
1600/1500M RUN	4:17.0 / 4:17.24	4:24.2 / 4:24.46	4:35.3 / 4:35.56	4:46.1 / 4:46.40
3200/3000M RUN	9:22.1 / 9:22.35	9:40.2 / 9:40.47	10:03.3 / 10:03.59	10:19.0 / 10:19.26
STEEPLECHASE	9:36.5 / 9:36.79	9:57.3 / 9:57.61	7:04.7 / 7:04.97	7:17.6 / 7:17.86
HIGH HURDLES	14.5 / 14.78	15.2 / 15.47	15.0 / 15.25	15.9 / 16.10
400M HURDLES	55.8 / 56.09	56.9 / 57.21	65.1 / 65.32	66.4 / 66.66
LONG JUMP	22' 01.25"	21' 03"	18' 01.25"	17' 01.25"
TRIPLE JUMP	45' 00"	44' 04.25"	37' 07.5"	36' 05.5"
SHOT PUT	51' 00.5"	50' 07.5"	38' 01.5"	36' 02.25"
DISCUS	148' 04"	143' 07"	119' 02"	110' 06"
HIGH JUMP	6' 03"	6' 02"	5' 03"	5' 02"
POLE VAULT	13' 07"	13' 00"	11' 03"	10' 00"
PENTATHLON	3020 PTS.	2956 PTS.	3003 PTS.	2637 PTS.
400M RELAY	42.6 / 42.89	43.9 / 44.20	48.5 / 48.73	50.3 / 50.59
1600M RELAY	3:22.4 / 3:22.69	3:28.2 / 3:28.48	3:59.7 / 3:59.93	4:07.3 / 4:07.57
3200M RELAY	7:53.9 / 7:54.17	8:12.1 / 8:12.33	9:18.8 / 9:19.00	9:44.7 / 9:44.94

(FIRST TIME LISTED IN EACH COLUMN IS HAND TIMED, SECOND TIME LISTED IS FULLY AUTOMATIC TIMING.)

**THESE STANDARDS REPRESENT THE AVERAGE OF 6TH PLACE IN THE FINALS FROM 2016 THROUGH 2022
PROPOSED 12/06/22**

2024 NYSPHSAA Super Qualifying Standards

5 year avg. of 4th place NYSPHSAA Finisher
(2017-2023)

Event	Boys		Event	Girls	
	Division 1	Division 2		Division 1	Division 2
100m	11.04	11.08	100m	12.40	12.61
200m	22.27	22.32	200m	25.12	25.85
400m	49.01	49.94	400m	56.63	58.21
110m HH	14.73	15.11	100m H	14.94	15.73
400m IH	55.20	56.41	400m IH	64.13	65.09
800m	1:54.33	1:55.99	800m	2:10.30	2:15.90
1600m	4:15.34	4:21.05	1500m	4:32.59	4:40.75
3200m	9:14.17	9:31.85	3000m	9:47.00	10:11.53
3k Steeple	9:31.77	9:49.62	2k Steeple	6:56.94	7:07.74
High Jump	6'05"	6'04"	High Jump	5'04"	5'03"
Pole Vault	14'0"	13'6"	Pole Vault	11'5"	10'05"
Long Jump	22'05"	21'11"	Long Jump	18'03"	17'07"
Triple Jump	45'05"	44'11"	Triple Jump	38'08"	36'11"
Shot Put	52'02"	52'00"	Shot Put	39'04"	37'11.5"
Discus	152'11"	149'05"	Discus	121'08"	118'00"
Pentathlon	3119	3020	Pentathlon	3128	2712
4x100m	42.61	43.54	4x100m	48.59	50.04
4x400m	3:21.93	3:27.43	4x400m	3:59.03	4:04.62
4x800m	7:53.52	8:07.15	4x800m	9:14.98	9:36.03

Performances must occur in a meet with 5 or more teams with certified officials.

All track times must be FAT.

Athletes/Relays who meet a Super Standard must compete in that event at their state qualifier meet to advance to the state meet by virtue of the Super Standard.

Accepted 12/6/22