

# HHSAA Track and Field Standards for 2023

REV: 04.1.23

## BOYS STANDARDS

## GIRLS STANDARDS

### Field Events

131-06	Discus	106-06
43-08.00	Shot Put	32-01.00
20-06.00	Long Jump	16-00.00
41.00.00	Triple Jump	33-08.00
5-11	High Jump	4-11
12-03	Pole Vault	09-08

### Running Event

15.90	110m Hurdles	16.50
11.10	100m Dash	12.90
4:17.50	1500m Run	5:03.50
44.50	4 x 100m Relay	52.00
51.50	400m Dash	1:01.20
42.80	300m Hurdles	49.90
2:05.40	800m Run	2:29.60
22.80	200m Dash	27.00
9:35.00	3000m Run	11:12.50
3:35.70	4 x 400m Relay	4:17.50

NOTE: All Running Standards must be Electronically Timed (F.A.T.)  
Hand Times will not be accepted.

If 24 participants do not meet the qualifying standard, the standard shall be lowered so that 24 participants will be filled per event (HIADA 2022)