

2023 Girls and Boys Track & Field Qualifying Standards

IHSA BOYS/GIRLS ABLE-BODIED & WHEELCHAIR ATHLETES QUALIFYING STANDARDS

Qualifying Standards: The Qualifying Standards for each individual and relay event will be calculated for classes 1A and 3A by determining the 5-year average of the 21st place time/distance/height from all sectionals. For class 2A, a 5-year average of the 16th place time/distance/height in individual events and relays was used. Using this process, the proposed qualifying standards are:

2022-2023 Proposed IHSA State Qualifying Standards						
Event	1A Girls	1A Boys	2A Girls	2A Boys	3A Girls	3A Boys
LJ	5.00m (16-5)	6.35m (20-10)	5.15m (16-11)	6.50m (21-4)	5.35m (17-7)	6.75m (22-2)
PV	2.76m (9-1)	3.70m (12-2)	2.97m (9-9)	3.96m (13-0)	3.12m (10-3)	4.16m (13-8)
HJ	1.52m (5-0)	1.85m (6-1)	1.54m (5-1)	1.85m (6-1)	1.57m (5-2)	1.90m (6-3)
SP	10.79m (35-5)	14.60m (47-11)	10.79m (35-5)	14.80m (48-7)	11.40m (37-5)	15.97m (52-5)
TJ	10.18m (33-5)	12.54m (41-2)	10.56m (34-8)	12.95m (42-6)	11.09m (36-5)	13.36m (43-10)
DISC	33.65m (110-5)	43.05m (141-3)	33.83m (111-0)	43.94m (144-2)	35.56m (116-8)	46.71m (153-3)
4 X 800	10:35.87	8:33.28	10:13.76	8:20.63	9:43.60	8:04.23
4 X 100	:52.20	:44.63	:50.59	:43.66	:49.34	:42.99
3200	12:26.55	10:12.64	11:47.44	10:01.23	11:09.13	9:35.94
100 HH 110 HH	:16.73	:16.26	:16.48	:15.54	:15.92	:15.40
100	:12.95	:11.35	:12.70	:11.13	:12.46	:11.04
800	2:28.15	2:02.82	2:25.63	2:01.83	2:20.60	1:59.36
4 X 200	1:51.76	1:33.99	1:48.52	1:31.98	1:45.77	1:30.85
400	1:01.87	:52.18	1:00.71	:51.13	:59.36	:50.77
300 LH 300 IH	:49.47	:42.37	:48.55	:41.22	:47.17	:40.84
1600	5:36.90	4:39.80	5:26.27	4:35.35	5:11.78	4:23.68
200	:26.96	:23.08	:26.29	:22.59	:25.75	:22.33
4 X 400	4:19.68	3:35.17	4:13.85	3:31.31	4:05.00	3:28.30

Athletes with Disabilities Wheelchair Track & Field Qualifying Standards:

Event	Wheelchair Athletes	
	Boys	Girls
SP	1.83m (6-0)	1.22m (4-0)
DISC	4.75m (15-0)	2.44m (8-0)
100	:40	:45
800	6:00	6:30
400	3:00	3:15
200	1:25	1:35

Note: The field event qualifying standards above show both the metric distances/heights along with the English distances/heights in parenthesis. The metric measurements will be used in determining qualifying marks for all field events. The English

measurement conversions in parenthesis are only listed for convenience and are not necessarily exact conversions. Therefore, at the sectional meets, the metric distances/heights are what will be used to determine if a qualifying standard has been met by a competitor. In other words, the English conversions listed in parenthesis will not be used or considered to determine if a qualifying standard was met.