

3A Indoor Track & Field State Meet Qualifying Standards 2022-2023

	<u>Women</u>	<u>Men</u>
Shot Put	31'0"	43'0"
Long Jump	15'6"	19'3"
Triple Jump	32'0"	38'5"
High Jump	4'10"	5'8"
Pole Vault	8'0"	10'0"

	<u>Women HHT</u>	<u>Women F.A.T.</u>	<u>Men HHT</u>	<u>Men F.A.T.</u>
4X800 Relay	11:21.0	11:21.24	8:44.0	8:44.24
55 M Hurdles	9.2	9.44	8.3	8.34
55 M Dash	7.2	7.44	6.3	6.54
4X200 Relay	1:55.5	1:55.74	1:36.0	1:36.24
1600 M	5:35.0	5:35.24	4:37.0	4:37.24
500 M	1:24.0	1:24.24	1:09.0	1:09.24
1000 M	3:19.0	3:19.24	2:42.0	2:42.24
300 M	43.5	43.74	36.8	37.04
3200 M	12:00.0	12:00.24	10:00.0	10:00.24
4X400 Relay	4:35.5	4:35.74	3:45.0	3:45.24

<u>Wheelchair</u>	<u>Women HHT</u>	<u>Women FAT</u>	<u>Men HHT</u>	<u>Men FAT</u>
Shot Put	6'0"	6'0"	8'0"	8'0"
55 M Dash	26.0	26.24	23.0	23.24
Amputee Above Knee				
55 M Dash	9.9	10.14	9.0	9.24
300 M Dash	1:16.0	1:16.24	55.0	55.24
Amputee Below Knee				
55 M Dash	9.4	9.64	TBA	TBA
300 M Dash	54.4	54.64	TBA	TBA