

4A Indoor Track & Field State Meet Qualifying Standards 2022-2023

	<u>Women</u>	<u>Men</u>
Shot Put	32'0	44'3"
Long Jump	17'0"	21'0
Triple Jump	34'6	41'6"
High Jump	5'0"	6'0"
Pole Vault	10'0"	12'0"

	<u>Women HHT</u>	<u>Women F.A.T.</u>	<u>Men HHT</u>	<u>Men F.A.T.</u>
4X800 Relay	10:18.0	10:18.24	8:29.0	8:29.24
55 M Hurdles	9.9	9.14	8.0	8.24
55 M Dash	7.0	7.24	6.3	6.54
4X200 Relay	1:48.0	1:48.24	1:32.0	1:32.24
1600 M	5:20.0	5:20.24	4:28.0	4:28.24
500 M	1:20.0	1:29.24	1:08.0	1:08.24
1000 M	3:07.0	3:07.24	2:37.0	2:37.24
300 M	41.2	41.24	35.7	35.94
3200 M	11:30.0	11:30.24	9:35.0	9:35.24
4X400 Relay	4:13.5	4:13.74	3:35.0	3:35.24

<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