

MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION, INC.  
East Lansing, Michigan 48823

**--- ADDITIONAL QUALIFYING STANDARDS ---**  
**2019-20 BOYS AND GIRLS TRACK AND FIELD FINAL TRACK MEET**

	DIV. 1		DIV. 2		DIV. 3		DIV. 4	
	B	G	B	G	B	G	B	G
Pole Vault	13'3	10'3	12'10	9'3	12'3	9'0	11'6	8'3
Shot Put	48'6	36'6	48'2	36'0	46'6	34'4	43'8	32'4
High Jump	6'3	5'2	6'2	5'2	6'0	5'0	5'11	4'10
Long Jump	21'2	16'9	20'8	16'4	20'0	15'7	19'8	15'2
Discus	145'3	114'0	140'0	108'0	134'0	103'5	125'7	98'5
3200 M Relay	8:08.00	9:44.00	8:21.00	10:00.00	8:33.00	10:22.00	8:45.00	10:38.00
110 M 39' HH	15.10		15.50		16.00		16.70	
100 M 33' H		15.60		16.21		16.90		17.60
100 M Dash	11.15	12.65	11.30	12.90	11.40	13.24	11.65	13.45
800 M Relay	1:30.70	1:46.60	1:32.80	1:49.20	1:34.65	1:51.50	1:36.50	1:54.50
1600 M Run	4:25.00	5:10.00	4:30.00	5:20.00	4:36.00	5:28.00	4:48.00	5:40.00
400 M Relay	43.70	50.54	44.70	51.50	45.50	52.95	46.20	54.30
400 M Dash	50.50	59.30	51.30	1:01.10	52.20	1:02.40	53.20	1:03.80
300 M I.H.	40.20		41.00		42.30		43.10	
300 M L.H.		47.00		48.60		49.70		51.00
800 M Run	1:58.00	2:19.50	2:00.50	2:25.00	2:02.90	2:28.00	2:06.50	2:33.50
200 M Dash	22.50	26.00	23.00	26.75	23.30	27.30	23.70	27.80
3200 M Run	9:36.00	11:13.00	9:50.00	11:43.50	10:10.00	12:05.00	10:35.00	12:42.00
1600 M Relay	3:27.00	4:07.50	3:31.30	4:13.90	3:35.00	4:20.50	3:39.70	4:28.00

**ALL TIMES ARE FAT**