

BOYS – 2024 Section 1A Qualifying Standards

There are three different ways to qualify for the Section 1A Championships:

At each of the three Sub-Section meets:

The top four (4) place-finishers in each event, including relays, advance automatically to the Section 1A meet. *Automatically qualifying relay teams increased to three, up from two, beginning in 2004. Realignment reduced number of Sub-sections down to 3 (from 4), beginning in 2023. Top 4 place-finishers now advance.*

Any performances that meet or better the established standard for each event will also advance. (A standard qualifying performance must be during the **finals** of a running event. Field event qualifiers are exempt.) These standards are derived by averaging the efforts of the 6th place finishers in each event from Section 1A meets of the previous three years.

Additionally, athletes/relay teams will advance to the Section 1A Championships if their efforts (during the **finals** of Sub-Section competition) rank among the top eight (8) of all three Sub-Sectional meets combined.

| | <u>2021</u> | <u>2022</u> | <u>2023</u> | * <u>FAT</u> | <u>hand-held</u> |
|-------------------|-------------|-------------|-------------|-----------------|------------------|
| 100 meter Dash | 11.58 | 11.65 | 11.78 | 11.67 | 11.5 |
| 200 meter Dash | 23.01 | 23.92 | 23.51 | 23.48 | 23.3 |
| 400 meter Dash | 53.13 | 53.26 | 51.93 | 52.77 | 52.6 |
| 800 meter Run | 2:05.32 | 2:04.50 | 2:03.97 | 2:04.60 | 2:04.4 |
| 1600 meter Run | 4:50.38 | 4:49.79 | 4:52.51 | 4:50.89 | 4:50.7 |
| 3200 meter Run | 10:24.92 | 10:16.54 | 10:36.62 | 10:26.03 | 10:25.8 |
| 110m High Hurdles | 17.00 | 17.21 | 17.16 | 17.12 | 16.9 |
| 300m Int. Hurdles | 44.29 | 43.37 | 43.79 | 43.82 | 43.6 |
| 4x100 meter Relay | 45.05 | 45.40 | 45.27 | 45.24 | 45.0 |
| 4x200 meter Relay | 1:35.13 | 1:33.56 | 1:35.54 | 1:34.74 | 1:34.6 |
| 4x400 meter Relay | 3:38.90 | 3:34.00 | 3:35.87 | 3:36.26 | 3:36.1 |
| 4x800 meter Relay | 8:59.00 | 8:49.16 | 8:43.00 | 8:50.39 | 8:50.2 |
| Shot Put | 44' 0.25" | 42' 7.75" | 44' 4.75" | 43' 8" | |
| Discus | 135' 2" | 121' 5" | 126' 6" | 127' 9" | |
| Long Jump | 19' 3.5" | 19' 10" | 20' 5.5" | 19' 10" | |
| Triple Jump | 39' 0.75" | 41' 0.75" | 39' 7.5" | 39' 11" | |
| High Jump | 5' 9" | 5' 9" | 6' 0" | 5' 10" | |
| Pole Vault | 11' 7" | 11' 3" | 11' 5" | 11' 5" | |

GIRLS – 2024 Section 1A Qualifying Standards

There are three different ways to qualify for the Section 1A Championships:

At each of the three Sub-Section meets:

The top four (4) place-finishers in each event, including relays, advance automatically to the Section 1A meet. *Automatically qualifying relay teams increased to three, up from two, beginning in 2004. Realignment reduced number of Sub-sections down to 3 (from 4), beginning in 2023. Top 4 place-finishers now advance.*

Any performances that meet or better the established standard for each event will also advance. (A standard qualifying performance must be during the **finals** of a running event. Field event qualifiers are exempt.) These standards are derived by averaging the efforts of the 6th place finishers in each event from Section 1A meets of the previous three years.

Additionally, athletes/relay teams will advance to the Section 1A Championships if their efforts (during the **finals** of Sub-Section competition) rank among the top eight (8) of all three Sub-Sectional meets combined.

| | <u>2021</u> | <u>2022</u> | <u>2023</u> | * <u>FAT</u> | <u>hand-held</u> |
|-------------------|-------------|-------------|-------------|-----------------|------------------|
| 100 meter Dash | 13.11 | 13.37 | 13.42 | 13.30 | 13.1 |
| 200 meter Dash | 26.90 | 27.17 | 26.54 | 26.87 | 26.7 |
| 400 meter Dash | 1:01.76 | 1:03.38 | 1:02.28 | 1:02.47 | 1:02.3 |
| 800 meter Run | 2:28.48 | 2:27.97 | 2:31.96 | 2:29.47 | 2:29.3 |
| 1600 meter Run | 5:45.93 | 5:46.28 | 5:43.98 | 5:45.40 | 5:45.2 |
| 3200 meter Run | 12:47.95 | 12:23.66 | 12:32.31 | 12:34.64 | 12:34.4 |
| 100m Hurdles | 17.31 | 17.46 | 17.51 | 17.43 | 17.2 |
| 300m Hurdles | 48.72 | 52.68 | 49.59 | 50.33 | 50.1 |
| 4x100 meter Relay | 52.14 | 52.27 | 52.24 | 52.22 | 52.0 |
| 4x200 meter Relay | 1:50.14 | 1:52.23 | 1:48.92 | 1:50.43 | 1:50.2 |
| 4x400 meter Relay | 4:18.69 | 4:17.43 | 4:19.00 | 4:18.37 | 4:18.2 |
| 4x800 meter Relay | 10:47.22 | 10:36.70 | 10:38.93 | 10:40.95 | 10:40.8 |
| Shot Put | 34' 0.25" | 31' 1.75" | 34' 11" | 33' 4" | |
| Discus | 98' 8" | 98' 8" | 104' 1" | 100' 7" | |
| Long Jump | 15' 8.5" | 16' 2.50" | 16' 6" | 16' 1" | |
| Triple Jump | 33' 1" | 32' 3.75" | 33' 3.5" | 32' 10" | |
| High Jump | 4' 10" | 4' 11" | 4' 10" | 4' 10" | |
| Pole Vault | 8' 8" | 8' 4" | 9' 2" | 8' 8" | |