

BOYS – 2026 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 8th place finishers (if a running event had prelims, those efforts are used) from Section 1A meets of the previous three years. *(This standard was revised in 2025 from 6th to now averaging 8th place -- to more closely mimic what State uses as the final place-winner).*

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.

This method will be much less prevalent than was prior to 2025, but still possible.

	<u>2023</u>	<u>2024</u>	<u>2025</u>	<u>FAT</u>	<u>hand-held</u>
				*	
100 meter Dash	11.78	11.75	11.60	11.71	11.5
200 meter Dash	23.83	23.61	23.35	23.60	23.4
400 meter Dash	52.77	52.96	52.38	52.70	52.5
800 meter Run	2:05.12	2:09.59	2:06.99	2:07.23	2:07.0
1600 meter Run	4:59.19	4:57.20	4:39.49	4:51.96	4:51.8
3200 meter Run	11:06.34	10:35.89	10:25.91	10:42.71	10:42.5
110m High Hurdles	18.63	16.93	17.15	17.57	17.4
300m Int. Hurdles	44.44	43.45	43.53	43.81	43.6
4x100 meter Relay	45.89	45.94	46.52	46.12	45.9
4x200 meter Relay	1:38.35	1:36.15	1:36.84	1:37.11	1:36.9
4x400 meter Relay	3:39.97	3:36.17	3:40.06	3:38.73	3:38.5
4x800 meter Relay	9:03.99	8:47.65	8:57.92	8:56.52	8:56.3
Shot Put	42' 6.75"	45' 5.25"	46' 7.50"	44' 10"	
Discus	119' 5"	141' 8"	131' 1"	130' 8"	
Long Jump	19' 5.25"	19' 3.25"	18' 10.50"	19' 2"	
Triple Jump	37' 10.50"	38' 10.50"	38' 6.25"	38' 5"	
High Jump	5' 10"	5' 10"	5' 10"	5' 10"	
Pole Vault	10' 11"	10' 4"	11' 2"	10' 9"	

GIRLS – 2026 Section 1A Qualifying Standards

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	<u>2023</u>	<u>2024</u>	<u>2025</u>	<u>FAT</u>	<u>hand-held</u>
				*	
100 meter Dash	13.36	13.29	13.14	13.26	13.1
200 meter Dash	27.62	27.31	27.29	27.41	27.2
400 meter Dash	1:05.06	1:03.94	1:03.66	1:04.22	1:04.0
800 meter Run	2:31.96	2:33.35	2:28.70	2:31.34	2:31.1
1600 meter Run	5:47.24	5:46.40	5:36.91	5:43.52	5:43.3
3200 meter Run	12:59.52	12:32.59	11:40.69	12:24.27	12:24.1
100m Hurdles	17.77	17.13	17.05	17.32	17.1
300m Hurdles	50.54	49.63	49.33	49.83	49.6
4x100 meter Relay	52.86	52.62	52.31	52.60	52.4
4x200 meter Relay	1:50.51	1:50.73	1:53.19	1:51.48	1:51.3
4x400 meter Relay	4:19.14	4:19.05	4:21.47	4:19.89	4:19.7
4x800 meter Relay	10:51.62	10:42.61	10:19.87	10:38.03	10:37.8
Shot Put	33' 2.25"	31' 11"	31' 7"	32' 2"	
Discus	98' 0"	98' 7"	100' 1"	98' 10"	
Long Jump	16' 2.75"	16' 2"	15' 6"	15' 11"	
Triple Jump	32' 2.75"	34' 2.75"	33' 5.50"	33' 3"	
High Jump	4' 10"	4' 9"	4' 10"	4' 9"	
Pole Vault	8' 8"	8' 7"	8' 8"	8' 7"	