

# SCISA Track Qualifying Standards For the 2024 State Meet

## *Boys Standards*

EVENT	2024 Qualifying Standard	Hand-held Time
High Jump	5' 4"	
Long Jump	18' 0"	
Triple Jump	36' 0"	
Shot	37' 0"	
Discus	105' 0"	
Pole Vault	9' 0"	
Javelin	115'	
100 M Dash	11.94	11.70
200 M Dash	24.94	24.70
400 M Run	56.94	56.70
800 M Run	2:17	Any decimals ok
1600 M Run	5:16	Any decimals ok
3200 M Run	11:45	Any decimals ok
110 Hurdles	19.94	19.70
400 Hurdles	67.94	67.70
4 x 100 Relay	48.94	48.70
4 x 400 Relay	4:00	Any decimals ok
4 x 800 Relay	9:58	Any decimals ok

## *Girls Standards*

EVENT	2024 Qualifying Standard	Hand-held Time
High Jump	4' 6"	
Long Jump	14' 7"	
Triple Jump	30' 0"	
Shot	26' 0"	
Discus	70' 0"	
Pole Vault	6' 6"	
Javelin	75'	
100 M Dash	13.64	13.40
200 M Dash	28.74	28.50
400 M Run	67.54	67.30
800 M Run	2:40	Any decimals ok
1600 M Run	6:09	Any decimals ok
3200 M Run	13:50	Any decimals ok
100 Hurdles	19.54	19.30
400 Hurdles	76.94	76.70
4 x 100 Relay	56.94	56.70
4 x 400 Relay	4:40	Any decimals ok
4 x 800 Relay	11:50	Any decimals ok