

Michigan High School Athletic Association, Inc.
East Lansing, Michigan 48823

--- ADDITIONAL QUALIFYING STANDARDS ---
2018-19 BOYS AND GIRLS TRACK AND FIELD REGIONAL TRACK MEET

	DIV. 1		DIV. 2		DIV. 3		DIV. 4	
	B	G	B	G	B	G	B	G
Pole Vault	12'0	9'0	11'3	8'6	11'0	8'0	9'6	7'0
Shot Put	45'0	32'7	44'0	32'0	42'3	30'2	39'7	28'9
High Jump	5'10	4'10	5'9	4'10	5'8	4'8	5'6	4'5
Long Jump	19'11	15'7	19'5	15'0	18'8	14'5	18'2	14'1
Discus	130'0	98'0	125'0	93'0	119'0	88'5	110'0	82'6
3200 M Relay								
110 M 39' HH	16.02		16.80		17.40		18.50	
100 M 33' H		17.00		17.60		18.35		19.20
100 M Dash	11.50	13.20	11.68	13.45	11.88	13.75	12.15	14.10
800 M Relay								
1600 M Run	4:38.0	5:31.00	4:46.0	5:45.0	4:52.0	6:01.0	5:00.0	6:10.0
400 M Relay								
400 M Dash	52.40	1:02.24	53.40	1:04.5	54.30	1:05.80	55.90	1:08.0
300 M I.H.	42.30		43.50		44.52		46.50	
300 M L.H.		50.30		51.60		53.65		56.0
800 M Run	2:02.50	2:27.00	2:06.0	2:34.0	2:08.70	2:39.0	2:14.0	2:44.0
200 M Dash	23.40	27.40	23.95	28.18	24.18	28.71	24.95	29.30
3200 M Run	10:00.00	11:55.00	10:25.0	12:40.0	10:44.0	12:52.0	11:09.0	13:40.0
1600 M Relay								

ALL TIMES FAT

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

--- ADDITIONAL QUALIFYING STANDARDS ---
2018-19 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	13'0	10'3	12'10	9'3	12'3	9'0	11'6	8'3
Shot Put	48'6	36'2	48'2	36'0	47'5	34'4	44'0	32'6
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	20'1	15'7	19'7	15'4
Discus	145'3	112'6	140'0	108'0	134'0	102'5	125'10	98'9
3200 M Relay	8:08.00	9:44.00	8:21.00	10:05.00	8:30.0	10:22.0	8:45.0	10:34.00
110 M 39' HH	15.10		15.50		15.90		16.70	
100 M 33' H		15.70		16.21		16.90		17.50
100 M Dash	11.15	12.65	11.30	12.90	11.40	13.20	11.65	13.40
800 M Relay	1:30.70	1:46.60	1:32.80	1:49.20	1:34.85	1:51.50	1:36.40	1:54.40
1600 M Run	4:25.00	5:10.00	4:32.00	5:22.00	4:35.40	5:28.0	4:45.0	5:37.00
400 M Relay	43.70	50.54	44.70	51.90	45.45	52.95	46.20	54.20
400 M Dash	50.50	59.30	51.30	1:01.10	52.00	1:02.36	53.05	1:03.50
300 M I.H.	40.20		41.00		42.40		43.10	
300 M L.H.		47.46		48.60		49.70		50.90
800 M Run	1:58.00	2:19.50	2:01.00	2:25.00	2:02.50	2:27.50	2:06.50	2:32.0
200 M Dash	22.50	26.00	23.00	26.75	23.25	27.28	23.70	27.75
3200 M Run	9:36.00	11:13.00	9:53.00	11:43.50	10:07.0	12:05.0	10:32.0	12:37.50
1600 M Relay	3:27.0	4:07.50	3:31.30	4:13.90	3:34.80	4:19.50	3:39.70	4:27.00

ALL TIMES FAT

Michigan High School Athletic Association, Inc.
East Lansing, Michigan 48823

2018-19 STANDARD RAISES FOR REGIONAL HIGH JUMP AND POLE VAULT
Lower Peninsula

HIGH JUMP BOYS AND GIRLS ALL DIVISIONS

BOYS	REGIONAL QUALIFIER	REGIONAL START	1st RAISE	2nd RAISE	3rd RAISE	FINAL QUALIFIER	FINAL START
Div. 1 HJ	5' 10	5' 8	5' 11	6' 1	6' 3	6' 3	6' 0
Div. 2 HJ	5' 9	5' 7	5' 10	6' 0	6' 2	6' 2	5' 11
Div. 3 HJ	5' 8	5' 5	5' 8	5' 10	6' 0	6' 0	5' 9
Div. 4 HJ	5' 6	5' 3	5' 6	5' 9	5' 11	5' 11	5' 8
GIRLS							
Div. 1 HJ	4' 10	4' 8	4' 10	5' 0	5' 2	5' 2	4' 11
Div. 2 HJ	4' 10	4' 7	4' 10	5' 0	5' 2	5' 2	4' 11
Div. 3 HJ	4' 8	4' 5	4' 8	4' 10	5' 0	5' 0	4' 9
Div. 4 HJ	4' 5	4' 2	4' 5	4' 8	4' 10	4' 10	4' 7

POLE VAULT – BOYS & GIRLS ALL DIVISIONS

BOYS	REGIONAL QUALIFIER	REGIONAL START	1st RAISE	2nd RAISE	3rd RAISE	4th RAISE	FINAL QUALIFIER	FINAL START
DIV. 1	12' 0	11' 0	11' 6	12' 0	12' 6	13' 0	13' 0	12' 0
DIV. 2	11' 3	10' 9	11' 4	11' 10	12' 4	12' 10	12' 10	11' 10
DIV. 3	11' 0	10' 3	11' 0	11' 6	12' 0	12' 3	12' 3	11' 3
DIV. 4	9' 6	8' 0	9' 6	10' 6	11' 0	11' 6	11' 6	10' 6
GIRLS								
DIV. 1	9' 0	8' 3	8' 9	9' 3	9' 9	10' 3	10' 3	9' 3
DIV. 2	8' 6	7' 6	8' 0	8' 6	9' 0	9' 3	9' 3	8' 6
DIV. 3	8' 0	7' 3	8' 0	8' 6	8' 9	9' 0	9' 0	8' 6
DIV. 4	7' 0	6' 0	7' 0	7' 6	8' 0	8' 3	8' 3	7' 9

* FINAL QUALIFIER RAISE

Michigan High School Athletic Association, Inc.
East Lansing, Michigan 48823

2018-19 STANDARD RAISES FOR FINALS HIGH JUMP AND POLE VAULT Lower Peninsula

HIGH JUMP BOYS AND GIRLS ALL DIVISIONS

BOYS	FINAL QUALIFIER	FINAL START	1st RAISE	2nd RAISE	3rd RAISE
Div. 1 HJ	6' 3	6' 0	6' 3	6' 5	6' 7
Div. 2 HJ	6' 2	5' 11	6' 2	6' 4	6' 6
Div. 3 HJ	6' 0	5' 9	5' 11	6' 1	6' 3
Div. 4 HJ	5' 11	5' 8	5' 11	6' 1	6' 3
GIRLS					
Div. 1 HJ	5' 2	4' 11	5' 2	5' 4	5' 6
Div. 2 HJ	5' 2	4' 11	5' 2	5' 4	5' 6
Div. 3 HJ	5' 0	4' 9	4' 11	5' 1	5' 3
Div. 4 HJ	4' 10	4' 7	4' 10	5' 0	5' 2

NOTE: FINALS USE RAISE CHART UNTIL 9 JUMPERS REMAIN.

POLE VAULT – BOYS & GIRLS ALL DIVISIONS

BOYS	FINAL QUALIFIER	FINAL START	1st RAISE	2nd RAISE	3rd RAISE
DIV. 1	13' 0	12' 0	12' 6	13' 0	13' 6
DIV. 2	12' 10	11' 10	12' 4	12' 10	13' 4
DIV. 3	12' 3	11' 3	11' 9	12' 3	12' 9
12' 9	11' 6	10' 6	11' 0	11' 6	12' 0
GIRLS					
DIV. 1	10' 3	9' 3	9' 9	10' 3	10' 9
DIV. 2	9' 3	8' 9	9' 3	9' 9	10' 3
DIV. 3	9' 0	8' 6	9' 0	9' 6	10' 0
DIV. 4	8' 3	7' 9	8' 3	8' 9	9' 3

NOTE: FINALS USE RAISE CHART UNTIL 9 VAULTERS REMAIN.

ALL TIMES FAT