

--- ADDITIONAL QUALIFYING STANDARDS ---
2022-23 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" | 12'8" | 9'3" | 12'0" | 8'9" | 11'3" | 8'0" |
| Shot Put | 48'6" | 36'6" | 48'0" | 36'0" | 45'8" | 34'0" | 43'0" | 31'3" |
| High Jump | 6'2" | 5'2" | 6'2" | 5'2" | 6'0" | 4'11" | 5'11" | 4'10" |
| Long Jump | 21'3" | 16'9" | 20'8" | 16'4" | 20'4" | 15'9" | 19'8" | 15'1" |
| Discus | 143'6" | 114'0" | 140'0" | 109'0" | 133'0" | 102'0" | 123'0" | 97'0" |
| 3200 M Relay | 8:08.0 | 9:48.00 | 8:21.0 | 10:05.0 | 8:36.00 | 10:27.00 | 8:53.00 | 10:50.00 |
| 110 M 39' HH | 15.25 | — | 15.70 | — | 16.40 | — | 16.80 | — |
| 100 M 33' H | — | 15.60 | — | 16.30 | — | 17.20 | — | 17.80 |
| 100 M Dash | 11.15 | 12.65 | 11.35 | 13.00 | 11.50 | 13.20 | 11.60 | 13.50 |
| 800 M Relay | 1:30.70 | 1:46.60 | 1:33.00 | 1:49.50 | 1:34.70 | 1:52.00 | 1:36.90 | 1:56.00 |
| 1600 M Run | 4:25.0 | 5:11.0 | 4:30.00 | 5:20.00 | 4:37.00 | 5:28.00 | 4:46.00 | 5:44.00 |
| 400 M Relay | 43.60 | 50.30 | 44.70 | 51.80 | 45.40 | 53.10 | 46.60 | 55.0 |
| 400 M Dash | 50.40 | 59.30 | 51.30 | 1:01.10 | 52.40 | 1:02.60 | 53.40 | 1:04.60 |
| 300 M I.H. | 40.30 | — | 42.00 | — | 43.00 | — | 43.40 | — |
| 300 M L.H. | — | 46.80 | — | 49.00 | — | 50.10 | — | 51.60 |
| 800 M Run | 1:58.0 | 2:20.0 | 2:00.50 | 2:25.00 | 2:03.50 | 2:28.00 | 2:06.70 | 2:34.00 |
| 200 M Dash | 22.50 | 25.9 | 23.10 | 27.00 | 23.50 | 27.30 | 23.70 | 28.20 |
| 3200 M Run | 9:36.0 | 11:22.0 | 9:55.00 | 11:43.50 | 10:10.00 | 12:05.00 | 10:35.00 | 12:47.00 |
| 1600 M Relay | 3:27.0 | 4:07.50 | 3:31.50 | 4:16.00 | 3:35.90 | 4:21.00 | 3:42.50 | 4:30.00 |

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

2022-23 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 | 6'2 | 5'11 | 6'1 | 6'3 | 6'5 |
| Div. 2 HJ | 6'2 | 5'11 | 6'1 | 6'3 | 6'5 |
| Div. 3 HJ | 6'0 | 5'9 | 5'11 | 6'1 | 6'3 |
| Div. 4 HJ | 5'11 | 5'8 | 5'10 | 6'0 | 6'2 |
| 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 | 4'11 | 4'8 | 4'10 | 5'0 | 5'2 |
| Div. 4 HJ | 4'10 | 4'7 | 4'9 | 4'11 | 5'1 |

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 | 13'3 | 12'3 | 13'0 | 13'6 | 14'0 |
| DIV. 2 | 12'8 | 11'8 | 12'4 | 12'10 | 13'4 |
| DIV. 3 | 12'0 | 11'0 | 11'9 | 12'3 | 12'9 |
| DIV. 4 | 11'3 | 10'3 | 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 | 8'9 | 7'9 | 8'6 | 9'0 | 9'6 |
| DIV. 4 | 8'0 | 7'0 | 7'9 | 8'3 | 8'9 |

NOTE: FINALS USE RAISE CHART UNTIL 9 VAULTERS REMAIN.

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

2022-23 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 | 5'10 | 6'0 | 6'2 | 6'2 | 5'11 |
| Div. 2 HJ | 5'9 | 5'7 | 5'10 | 6'0 | 6'2 | 6'2 | 5'11 |
| Div. 3 HJ | 5'7 | 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 | 4'8 | 4'6 | 4'9 | 5'0 | 5'2 | 5'2 | 4'11 |
| Div. 3 HJ | 4'7 | 4'5 | 4'7 | 4'9 | 4'11 | 4'11 | 4'8 |
| 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 | 12'3 | 11'3 | 11'9 | 12'3 | 12'9 | 13'3 | 13'3 | 12'3 |
| DIV. 2 | 11'3 | 10'9 | 11'3 | 11'8 | 12'2 | 12'8 | 12'8 | 11'8 |
| DIV. 3 | 10'6 | 10'0 | 10'6 | 11'0 | 11'6 | 12'0 | 12'0 | 11'0 |
| DIV. 4 | 9'3 | 8'6 | 9'6 | 10'3 | 10'9 | 11'3 | 11'3 | 10'3 |
| GIRLS | | | | | | | | |
| DIV. 1 | 9'0 | 8'3 | 8'9 | 9'3 | 9'9 | 10'3 | 10'3 | 9'3 |
| DIV. 2 | 8'3 | 7'3 | 8'0 | 8'6 | 9'0 | 9'3 | 9'3 | 8'6 |
| DIV. 3 | 7'0 | 6'6 | 7'3 | 7'9 | 8'3 | 8'9 | 8'9 | 7'9 |
| DIV. 4 | 6'9 | 6'0 | 6'6 | 7'0 | 7'6 | 8'0 | 8'0 | 7'0 |

* FINAL QUALIFIER RAISE