

**MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION
2023-24**

**REGIONAL ADDITIONAL QUALIFYING STANDARDS
BOYS & GIRLS TRACK & FIELD**

REGIONAL

	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4	
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
100 Meters	11.50	13.20	11.70	13.50	11.90	13.80	12.20	14.10
100/110m Hurdles	16.35	17.10	17.00	18.10	18.00	18.90	19.30	19.80
200 Meters	23.50	27.40	24.00	28.30	24.30	28.90	24.90	29.90
300m Hurdles	42.60	50.20	44.00	52.60	45.20	55.00	47.30	56.70
400 Meters	52.50	1:02.60	53.80	1:04.70	54.70	1:07.00	56.80	1:09.70
800 Meters	2:03.00	2:28.00	2:06.00	2:36.00	2:12.00	2:42.00	2:16.00	2:48.00
1600 Meters	4:38.00	5:34.00	4:46.00	5:45.00	5:00.00	6:03.00	5:10.00	6:22.00
3200 Meters	9:58.00	12:08.00	10:30.00	12:35.00	11:05.00	13:10.00	11:30.00	14:05.00
4x100 Relay								
4x200 Relay								
4x400 Relay								
4x800 Relay								
Discus	127-00.00	98-00.00	120-06.00	90-00.00	117-00.00	86-00.00	106-00.00	79-00.00
High Jump	5-10.00	4-10.00	5-09.00	4-08.00	5-06.00	4-06.00	5-06.00	4-05.00
Long Jump	19-11.00	15-07.00	19-04.00	14-11.00	18-09.00	14-03.00	18-01.00	13-09.00
Pole Vault	12-03.00	9-03.00	11-03.00	8-03.00	10-06.00	7-00.00	9-03.00	6-06.00
Shot Put	43-08.00	32-05.00	42-06.00	30-08.00	41-00.00	29-08.00	37-00.00	27-06.00

**FINAL ADDITIONAL QUALIFYING STANDARDS
BOYS & GIRLS TRACK & FIELD**

FINAL

	DIVISION 1		DIVISION 2		DIVISION 3		DIVISION 4	
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
*100 Meters	11.10	12.65	11.30	12.90	11.40	13.20	11.65	13.50
*100/110m Hurdles	15.35	15.65	15.90	16.40	16.30	17.20	16.80	17.80
*200 Meters	22.55	25.90	23.10	27.00	23.30	27.40	23.80	28.10
300m Hurdles	40.50	46.80	42.00	49.30	42.70	50.20	43.60	51.60
400 Meters	50.40	59.60	51.50	1:01.10	52.50	1:02.60	53.50	1:04.50
800 Meters	1:57.80	2:20.00	2:00.50	2:25.00	2:03.50	2:27.80	2:06.70	2:33.50
1600 Meters	4:24.00	5:10.00	4:30.00	5:22.00	4:37.50	5:28.00	4:45.00	5:43.00
3200 Meters	9:33.00	11:15.00	9:48.00	11:43.00	10:10.00	12:02.00	10:30.00	12:47.00
4x100 Relay	43.50	50.30	44.70	51.80	45.30	53.10	46.60	55.00
4x200 Relay	1:30.70	1:46.60	1:33.00	1:49.50	1:34.50	1:51.50	1:37.00	1:56.90
4x400 Relay	3:27.00	4:07.50	3:31.50	4:16.00	3:36.00	4:21.00	3:42.70	4:30.00
4x800 Relay	8:06.00	9:47.00	8:19.00	10:05.00	8:34.00	10:26.00	8:53.00	10:50.00
Discus	145-00.00	114-00.00	140-00.00	108-00.00	132-00.00	102-06.00	124-00.00	97-00.00
High Jump	6-02.00	5-02.00	6-02.00	5-01.00	6-00.00	4-11.00	5-11.00	4-10.00
Long Jump	21-01.00	16-09.00	20-08.00	16-04.00	20-04.00	15-06.00	19-10.00	15-03.00
Pole Vault	13-03.00	10-06.00	12-08.00	9-03.00	12-00.00	8-09.00	11-00.00	8-00.00
Shot Put	48-04.00	36-08.00	48-00.00	35-00.00	45-08.00	33-06.00	42-00.00	31-08.00

*Must be run in the Regional Final

**MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION
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**REGIONAL BOYS & GIRLS TRACK & FIELD
STANDARD RAISES FOR HIGH JUMP**

REGIONAL

BOYS	Regional AQ	Regional Start	1st Raise	2nd Raise	3rd Raise & Final AQ	Final Start
DIV. 1	5'10	5'8	5'10	6'0	6'2	5'11
DIV. 2	5'9	5'7	5'10	6'0	6'2	5'11
DIV. 3	5'6	5'4	5'7	5'10	6'0	5'9
DIV. 4	5'6	5'3	5'6	5'9	5'11	5'8

GIRLS	Regional AQ	Regional Start	1st Raise	2nd Raise	3rd Raise & Final AQ	Final Start
DIV. 1	4'10	4'8	4'10	5'0	5'2	4'11
DIV. 2	4'8	4'6	4'9	4'11	5'1	4'10
DIV. 3	4'6	4'4	4'7	4'9	4'11	4'8
DIV. 4	4'5	4'2	4'5	4'8	4'10	4'7

**FINAL BOYS & GIRLS TRACK & FIELD
STANDARD RAISES FOR HIGH JUMP**

FINAL

BOYS	Final AQ	Final Start	1st Raise	2nd Raise	3rd Raise
DIV. 1	6'2	5'11	6'1	6'3	6'5
DIV. 2	6'2	5'11	6'1	6'3	6'5
DIV. 3	6'0	5'9	5'11	6'1	6'3
DIV. 4	5'11	5'8	5'10	6'0	6'2

GIRLS	Final AQ	Final Start	1st Raise	2nd Raise	3rd Raise
DIV. 1	5'2	4'11	5'2	5'4	5'6
DIV. 2	5'1	4'10	5'1	5'3	5'5
DIV. 3	4'11	4'8	4'10	5'0	5'2
DIV. 4	4'10	4'7	4'9	4'11	5'1

NOTE: Finals use raise chart until 9 jumpers remain.

**MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION
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**REGIONAL BOYS & GIRLS TRACK & FIELD
STANDARD RAISES FOR POLE VAULT**

REGIONAL

BOYS	Regional AQ	Regional Start	1st Raise	2nd Raise	3rd Raise	4th Raise & Final AQ	Final Start
DIV. 1	12'3	11'3	11'9	12'3	12'9	13'3	12'3
DIV. 2	11'3	10'9	11'3	11'8	12'2	12'8	11'8
DIV. 3	10'6	10'0	10'6	11'0	11'6	12'0	11'0
DIV. 4	9'3	8'6	9'3	10'0	10'6	11'0	10'3

GIRLS	Regional AQ	Regional Start	1st Raise	2nd Raise	3rd Raise	4th Raise & Final AQ	Final Start
DIV. 1	9'3	8'3	9'3	9'9	10'3	10'6	9'6
DIV. 2	8'3	7'3	8'0	8'6	9'0	9'3	8'9
DIV. 3	7'0	6'6	7'3	7'9	8'3	8'9	7'9
DIV. 4	6'6	6'0	6'6	7'0	7'6	8'0	7'3

**FINAL BOYS & GIRLS TRACK & FIELD
STANDARD RAISES FOR POLE VAULT**

FINAL

BOYS	Final AQ	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	11'0	10'3	11'0	11'6	12'0

GIRLS	Final AQ	Final Start	1st Raise	2nd Raise	3rd Raise
DIV. 1	10'6	9'6	10'0	10'6	11'0
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	7'3	7'9	8'3	8'9

NOTE: Finals use raise chart until 9 jumpers remain.