

**MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION  
BOYS & GIRLS TRACK & FIELD  
REGIONAL AND LP FINAL QUALIFYING STANDARDS  
2024-25**



**DIVISION 1**

<b>DIVISION 1 BOYS</b>			
<b>Event</b>	<b>Regional Qualifier</b>	<b>State Qualifier</b>	<b>Early Qualifier</b>
4x800 Relay	-	8:04.00	7:53.00
110 m Hurdles	16.30	15.25	14.80
100 m	11.50	11.10	10.95
4x200 Relay	-	1:30.40	1:28.5
1600 m	4:36.00	4:22.50	4:14.0
4x100 Relay	-	43.30	42.5
400 m	52.20	50.20	49.0
300 m Hurdles	42.50	40.50	39.2
800 m	2:03.00	1:57.70	1:54.0
200 m	23.40	22.35	22.2
3200 m	9:56.00	9:33.00	9:14.0
4x400 Relay	-	3:26.80	3:22.5
Discus	130'0	147'0	156'0
High Jump	5'10	6'2	6'5
Long Jump	20'0	21'3	21'10
Pole Vault	12'3	13'3	14'6
Shot Put	44'0	49'0	53'2

<b>DIVISION 1 GIRLS</b>			
<b>Event</b>	<b>Regional Qualifier</b>	<b>State Qualifier</b>	<b>Early Qualifier</b>
4x800 Relay	-	9:43.00	9:22.00
100 m Hurdles	17.10	15.60	15.00
100 m	13.20	12.65	12.40
4x200 Relay	-	01:46.00	01:44.50
1600 m	05:32.00	05:09.00	04:52.00
4x100 Relay	-	50.20	49.00
400 m	01:02.60	59.50	57.00
300 m Hurdles	50.00	46.80	45.10
800 m	02:27.00	02:19.80	02:14.00
200 m	27.30	25.90	25.40
3200 m	12:04.00	11:15.00	10:40.00
4x400 Relay	-	04:06.80	03:59.50
Discus	99'0	115'0	123'6
High Jump	4'10	5'2	5'4
Long Jump	15'0	16'10	17'5
Pole Vault	9'3	10'6	11'6
Shot Put	32'5	36'8	39'6

**REGIONALS – STANDARD RAISES**

<b>POLE VAULT</b>	Regional Qualifier	Regional Start	1st Raise	2nd Raise	3rd Raise	4th Raise (SQ)	Final Start
Boys	12'3	11'3	11'9	12'3	12'9	13'3	12'3
Girls	9'3	8'3	9'3	9'9	10'3	10'6	9'6

<b>HIGH JUMP</b>	Regional Qualifier	Regional Start	1st Raise	2nd Raise	3rd Raise (SQ)	Final Start
Boys	5'10	5'8	5'10	6'0	6'2	5'11
Girls	4'10	4'8	4'10	5'0	5'2	4'11

**FINALS – STANDARD RAISES**

<b>POLE VAULT</b>	State Qualifier	Final Start	1st Raise	2nd Raise	3rd Raise
Boys	13'3	12'3	13'0	13'6	14'0
Girls	10'6	9'6	10'0	10'6	11'0

<b>HIGH JUMP</b>	State Qualifier	Final Start	1st Raise	2nd Raise	3rd Raise
Boys	6'2	5'11	6'1	6'3	6'5
Girls	5'2	4'11	5'2	5'4	5'6

NOTE: Finals use raise chart until 9 jumpers remain.

- **Regional Qualifier (RQ)** - the regional entry standard required for *all* competing athletes *if* you will have more than two compete in the regional event, can be earned in any meet on the schools official season calendar.
- **State Qualifier (SQ)** - any LP athlete achieving this mark in any round of a field event or *final* round of a running event at a regional competition will advance to the LP Final in that event regardless of place.
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**DIVISION 2**

<b>DIVISION 2 BOYS</b>			
<b>Event</b>	<b>Regional Qualifier</b>	<b>State Qualifier</b>	<b>Early Qualifier</b>
4x800 Relay	-	08:19.00	08:01.00
110 m Hurdles	17.00	15.80	15.30
100 m	11.60	11.20	11.00
4x200 Relay	-	01:32.20	01:30.50
1600 m	04:45.00	04:29.00	04:18.00
4x100 Relay	-	44.30	43.40
400 m	53.70	51.40	50.30
300 m Hurdles	43.80	41.60	40.30
800 m	02:05.00	01:59.50	01:57.00
200 m	23.90	22.90	22.60
3200 m	10:32.00	09:45.00	09:25.00
4x400 Relay	-	03:32.00	03:28.00
Discus	123'6	142'0	156'0
High Jump	5'9	6'2	6'4
Long Jump	19'4	20'8	21'3
Pole Vault	11'3	12'8	13'6
Shot Put	42'8	48'2	51'0

<b>DIVISION 2 GIRLS</b>			
<b>Event</b>	<b>Regional Qualifier</b>	<b>State Qualifier</b>	<b>Early Qualifier</b>
4x800 Relay	-	10:05.00	9:43.00
100 m Hurdles	18.10	16.50	16.00
100 m	13.50	12.90	12.60
4x200 Relay	-	1:48.00	1:46.00
1600 m	5:45.00	5:22.00	5:02.70
4x100 Relay	-	51.80	50.30
400 m	1:04.70	1:01.10	59.00
300 m Hurdles	52.50	49.30	47.40
800 m	2:35.50	2:25.00	2:19.00
200 m	28.20	26.80	26.10
3200 m	12:40.00	11:45.00	11:06.00
4x400 Relay	-	4:16.00	4:09.00
Discus	91'0	107'10	120'0
High Jump	4'8	5'1	5'2
Long Jump	14'11	16'4	16'10
Pole Vault	8'3	9'3	10'6
Shot Put	30'9	34'10	38'0

**REGIONALS – STANDARD RAISES**

<b>POLE VAULT</b>	Regional Qualifier	Regional Start	1st Raise	2nd Raise	3rd Raise	4th Raise (SQ)	Final Start
Boys	11'3	10'9	11'3	11'8	12'2	12'8	11'8
Girls	8'3	7'3	8'0	8'6	9'0	9'3	8'9

<b>HIGH JUMP</b>	Regional Qualifier	Regional Start	1st Raise	2nd Raise	3rd Raise (SQ)	Final Start
Boys	5'9	5'7	5'10	6'0	6'2	5'11
Girls	4'8	4'6	4'9	4'11	5'1	4'10

**FINALS – STANDARD RAISES**

<b>POLE VAULT</b>	State Qualifier	Final Start	1st Raise	2nd Raise	3rd Raise
Boys	12'8	11'8	12'4	12'10	13'4
Girls	9'3	8'9	9'3	9'9	10'3

<b>HIGH JUMP</b>	State Qualifier	Final Start	1st Raise	2nd Raise	3rd Raise
Boys	6'2	5'11	6'1	6'3	6'5
Girls	5'1	4'10	5'1	5'3	5'5

NOTE: Finals use raise chart until 9 jumpers remain.

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**DIVISION 3**

<b>0</b>			
<b>Event</b>	<b>Regional Qualifier</b>	<b>State Qualifier</b>	<b>Early Qualifier</b>
4x800 Relay	-	8:33.00	8:17.20
110 m Hurdles	17.80	16.00	15.40
100 m	11.80	11.30	11.10
4x200 Relay	-	1:33.70	1:32.00
1600 m	4:59.00	4:37.50	4:24.00
4x100 Relay	-	44.90	44.10
400 m	54.40	52.30	51.00
300 m Hurdles	44.90	42.20	41.20
800 m	2:10.00	2:03.40	1:59.30
200 m	24.10	23.20	22.80
3200 m	11:02.00	10:07.00	9:43.00
4x400 Relay	-	3:34.80	3:30.30
Discus	117'0	134'0	149'3
High Jump	5'6	6'0	6'3
Long Jump	18'11	20'4	21'0
Pole Vault	11'0	12'6	13'3
Shot Put	41'4	46'0	50'9

<b>DIVISION 3 GIRLS</b>			
<b>Event</b>	<b>Regional Qualifier</b>	<b>State Qualifier</b>	<b>Early Qualifier</b>
4x800 Relay	-	10:26.00	9:55.90
100 m Hurdles	18.60	17.00	16.20
100 m	13.80	13.10	12.80
4x200 Relay	-	1:51.50	1:48.90
1600 m	6:00.00	5:28.00	5:08.00
4x100 Relay	-	52.70	51.00
400 m	1:06.60	1:02.20	59.40
300 m Hurdles	54.60	50.20	47.80
800 m	2:41.00	2:27.80	2:19.40
200 m	28.80	27.20	26.60
3200 m	13:10.00	12:04.00	11:18.00
4x400 Relay	-	4:21.0	04:14.40
Discus	87'0	102'6	114'1
High Jump	4'6	5'0	5'2
Long Jump	14'6	15'10	16'4
Pole Vault	7'6	9'0	9'9
Shot Put	29'8	33'8	36'8

**REGIONALS – STANDARD RAISES**

<b>POLE VAULT</b>	<b>Regional Qualifier</b>	<b>Regional Start</b>	<b>1st Raise</b>	<b>2nd Raise</b>	<b>3rd Raise</b>	<b>4th Raise (SQ)</b>	<b>Final Start</b>
Boys	11'0	10'6	11'0	11'6	12'0	12'6	12'6
Girls	7'6	7'0	7'6	8'0	8'6	9'0	9'0

<b>HIGH JUMP</b>	<b>Regional Qualifier</b>	<b>Regional Start</b>	<b>1st Raise</b>	<b>2nd Raise</b>	<b>3rd Raise (SQ)</b>	<b>Final Start</b>
Boys	5'6	5'4	5'7	5'10	6'0	5'9
Girls	4'6	4'4	4'7	4'10	5'0	4'9

**FINALS – STANDARD RAISES**

<b>POLE VAULT</b>	<b>State Qualifier</b>	<b>Final Start</b>	<b>1st Raise</b>	<b>2nd Raise</b>	<b>3rd Raise</b>
Boys	12'6	11'6	12'3	12'9	13'3
Girls	9'0	8'0	8'9	9'3	9'9

<b>HIGH JUMP</b>	<b>State Qualifier</b>	<b>Final Start</b>	<b>1st Raise</b>	<b>2nd Raise</b>	<b>3rd Raise</b>
Boys	6'0	5'9	5'11	6'1	6'3
Girls	5'0	4'9	4'11	5'1	5'3

NOTE: Finals use raise chart until 9 jumpers remain.

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**DIVISION 4**

<b>DIVISION 4 BOYS</b>			
<b>Event</b>	<b>Regional Qualifier</b>	<b>State Qualifier</b>	<b>Early Qualifier</b>
4x800 Relay	-	8:47.30	8:25.00
110 m Hurdles	19.10	16.70	16.00
100 m	12.10	11.60	11.35
4x200 Relay	-	1:36.70	1:33.30
1600 m	5:07.00	4:42.00	4:30.00
4x100 Relay	-	46.40	45.10
400 m	56.30	53.10	51.80
300 m Hurdles	47.20	43.60	42.00
800 m	2:15.50	2:06.00	2:01.00
200 m	24.90	23.70	23.20
3200 m	11:30	10:29.00	10:00.00
4x400 Relay	-	3:41.90	3:36.00
Discus	110'0	125'5	139'2
High Jump	5'6	5'11	6'2
Long Jump	18'3	19'11	20'11
Pole Vault	9'3	11'0	12'6
Shot Put	37'8	42'3	47'0

<b>DIVISION 4 GIRLS</b>			
<b>Event</b>	<b>Regional Qualifier</b>	<b>State Qualifier</b>	<b>Early Qualifier</b>
4x800 Relay	-	10:50.00	10:15.00
100 m Hurdles	19.50	17.60	16.60
100 m	14.00	13.40	13.00
4x200 Relay	-	1:55.20	1:50.50
1600 m	6:18.00	5:39.00	5:21.00
4x100 Relay	-	54.60	52.40
400 m	1:09.00	1:03.60	1:01.50
300 m Hurdles	56.20	51.40	48.50
800 m	2:45.00	2:31.50	2:25.0
200 m	29.30	27.80	27.00
3200 m	14:05	12:44.00	11:29.00
4x400 Relay	-	4:29.00	4:18.00
Discus	81'8	97'10	110'0
High Jump	4'5	4'10	5'1
Long Jump	13'11	15'5	16'2
Pole Vault	6'6	8'0	9'0
Shot Put	27'6	32'1	35'7

**REGIONALS – STANDARD RAISES**

<b>POLE VAULT</b>	<b>Regional Qualifier</b>	<b>Regional Start</b>	<b>1st Raise</b>	<b>2nd Raise</b>	<b>3rd Raise</b>	<b>4th Raise (SQ)</b>	<b>Final Start</b>
Boys	9'3	8'6	9'3	10'0	10'6	11'0	10'3
Girls	6'6	6'0	6'6	7'0	7'6	8'0	7'3

<b>HIGH JUMP</b>	<b>Regional Qualifier</b>	<b>Regional Start</b>	<b>1st Raise</b>	<b>2nd Raise</b>	<b>3rd Raise (SQ)</b>	<b>Final Start</b>
Boys	5'6	5'3	5'6	5'9	5'11	5'8
Girls	4'5	4'2	4'5	4'8	4'10	4'7

**FINALS – STANDARD RAISES**

<b>POLE VAULT</b>	<b>State Qualifier</b>	<b>Final Start</b>	<b>1st Raise</b>	<b>2nd Raise</b>	<b>3rd Raise</b>
Boys	11'0	10'3	11'0	11'6	12'0
Girls	8'0	7'3	7'9	8'3	8'9

<b>HIGH JUMP</b>	<b>State Qualifier</b>	<b>Final Start</b>	<b>1st Raise</b>	<b>2nd Raise</b>	<b>3rd Raise</b>
Boys	5'11	5'8	5'10	6'0	6'2
Girls	4'10	4'7	4'9	4'11	5'1

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