



MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION
BOYS & GIRLS TRACK & FIELD
ADDITIONAL QUALIFYING STANDARDS
2025-26

DIVISION 1

| DIVISION 1 BOYS | | | |
|------------------------|---------------------------|------------------------|------------------------|
| Event | Regional Qualifier | State Qualifier | Early Qualifier |
| 4x800 Relay | - | 8:03.00 | 7:53.0 |
| 110 m Hurdles | 16.15 | 15.10 | 14.70 |
| 100 m | 11.45 | 11.10 | 10.90 |
| 4x200 Relay | - | 1:29.70 | 1:28.50 |
| 1600 m | 4:36.00 | 4:23.00 | 4:14.00 |
| 4x100 Relay | - | 43.10 | 42.50 |
| 400 m | 52.00 | 50.00 | 49.00 |
| 300 m Hurdles | 42.30 | 40.40 | 39.20 |
| 800 m | 2:02.50 | 1:57.70 | 1:54.00 |
| 200 m | 23.25 | 22.35 | 22.00 |
| 3200 m | 9:56.00 | 9:35.00 | 9:14.00 |
| 4x400 Relay | - | 3:26.50 | 3:22.50 |
| Discus | 135-00 | 149-00 | 160-00 |
| High Jump | 5-10 | 6-02 | 6-05 |
| Long Jump | 20-03 | 21-04 | 22-00 |
| Pole Vault | 12-03 | 13-03 | 14-06 |
| Shot Put | 45-00 | 50-00 | 52-02 |

| DIVISION 1 GIRLS | | | |
|-------------------------|---------------------------|------------------------|------------------------|
| Event | Regional Qualifier | State Qualifier | Early Qualifier |
| 4x800 Relay | - | 9:40.00 | 9:22.00 |
| 100 m Hurdles | 17.00 | 15.50 | 15.00 |
| 100 m | 13.10 | 12.65 | 12.30 |
| 4x200 Relay | - | 1:45.90 | 1:44.50 |
| 1600 m | 5:32.00 | 5:09.00 | 4:54.00 |
| 4x100 Relay | - | 50.20 | 49.00 |
| 400 m | 1:02.50 | 59.00 | 57.00 |
| 300 m Hurdles | 50.00 | 46.80 | 45.20 |
| 800 m | 2:27.00 | 2:19.00 | 2:15.00 |
| 200 m | 27.25 | 25.80 | 25.30 |
| 3200 m | 12:04.00 | 11:20.00 | 10:40.00 |
| 4x400 Relay | - | 4:05.80 | 3:59.50 |
| Discus | 99-00 | 116-00 | 123-06 |
| High Jump | 4-10 | 5-02 | 5-04 |
| Long Jump | 15-06 | 16-10 | 17-05 |
| Pole Vault | 9-03 | 10-06 | 11-06 |
| Shot Put | 32-05 | 36-06 | 39-00 |

REGIONALS – STANDARD RAISES

| POLE VAULT | Regional Qualifier | Regional Start | 1st Raise | 2nd Raise | 3rd Raise | 4th Raise (SQ) | Final Start |
|-------------------|---------------------------|-----------------------|------------------|------------------|------------------|-----------------------|--------------------|
| Boys | 12-03 | 11-03 | 11-09 | 12-03 | 12-09 | 13-03 | 12-03 |
| Girls | 9-03 | 8-03 | 9-00 | 9-06 | 10-0 | 10-06 | 9-06 |

| HIGH JUMP | Regional Qualifier | Regional Start | 1st Raise | 2nd Raise | 3rd Raise (SQ) | Final Start |
|------------------|---------------------------|-----------------------|------------------|------------------|-----------------------|--------------------|
| Boys | 5-10 | 5-08 | 5-10 | 6-00 | 6-02 | 5-11 |
| Girls | 4-10 | 4-08 | 4-10 | 5-00 | 5-02 | 4-11 |

NOTE: Use raise chart until 9 jumpers remain. (Must jump the SQ height during competition)

FINALS – STANDARD RAISES

| POLE VAULT | State Qualifier | Final Start | 1st Raise | 2nd Raise | 3rd Raise |
|-------------------|------------------------|--------------------|------------------|------------------|------------------|
| Boys | 13-03 | 12-03 | 13-00 | 13-06 | 14-00 |
| Girls | 10-06 | 9-06 | 10-03 | 10-09 | 11-03 |

| HIGH JUMP | State Qualifier | Final Start | 1st Raise | 2nd Raise | 3rd Raise |
|------------------|------------------------|--------------------|------------------|------------------|------------------|
| Boys | 6-02 | 5-11 | 6-01 | 6-03 | 6-05 |
| Girls | 5-02 | 4-11 | 5-02 | 5-04 | 5-06 |

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.
- **Early Qualifier (EQ)** - any athlete achieving this mark in *any round* in a *valid pre-qualified event* which meets the proper standards (*requires FAT and 6+ teams, etc.*) is qualified to participate in the LP final in that event. Regional meets are valid pre-qualified events by definition and EQ-s can be earned in those meets.
- Requirements stated in MHSAA materials control over the above summary statements on standards.