



MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION

BOYS & GIRLS TRACK & FIELD ADDITIONAL QUALIFYING STANDARDS 2025-26

DIVISION 2

DIVISION 2 BOYS			
Event	Regional Qualifier	State Qualifier	Early Qualifier
4x800 Relay	-	8:21.00	8:01.00
110 m Hurdles	17.00	15.70	15.20
100 m	11.60	11.20	11.00
4x200 Relay	-	1:32.00	1:30.30
1600 m	4:45.00	4:31.00	4:20.00
4x100 Relay	-	44.30	43.20
400 m	53.70	51.40	50.20
300 m Hurdles	43.80	41.60	40.30
800 m	2:05.00	2:00.50	1:57.50
200 m	23.90	22.80	22.40
3200 m	10:32.00	9:48.00	9:25.00
4x400 Relay	-	3:31.00	3:28.00
Discus	127-00	144-00	157-00
High Jump	5-09	6-02	6-04
Long Jump	19-04	20-08	21-06
Pole Vault	11-03	12-08	13-06
Shot Put	42-08	48-05	51-06

DIVISION 2 GIRLS			
Event	Regional Qualifier	State Qualifier	Early Qualifier
4x800 Relay	-	10:09.00	9:45.00
100 m Hurdles	18.10	16.50	16.00
100 m	13.50	12.90	12.60
4x200 Relay	-	1:48.00	1:46.50
1600 m	5:45.00	5:23.00	5:03.50
4x100 Relay	-	51.80	50.50
400 m	1:04.70	1:01.00	59.00
300 m Hurdles	52.50	49.30	47.40
800 m	2:35.50	2:25.00	2:19.50
200 m	28.20	26.70	26.10
3200 m	12:45.00	11:48.00	11:06.00
4x400 Relay	-	4:15.00	4:09.50
Discus	91-00	108-00	120-00
High Jump	4-08	5-01	5-02
Long Jump	14-11	16-04	16-10
Pole Vault	8-03	9-03	10-06
Shot Put	30-09	35-00	38-00

REGIONALS – STANDARD RAISES

POLE VAULT	Regional Qualifier	Regional Start	1st Raise	2nd Raise	3rd Raise	4th Raise (SQ)	Final Start
Boys	11-03	10-09	11-03	11-08	12-02	12-08	11-08
Girls	8-03	7-03	8-00	8-06	9-00	0-03	8-09

HIGH JUMP	Regional Qualifier	Regional Start	1st Raise	2nd Raise	3rd Raise (SQ)	Final Start
Boys	5-09	5-07	5-10	6-00	6-02	5-11
Girls	4-08	4-06	4-09	4-11	5-01	4-10

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	12-08	11-08	12-04	12-10	13-04
Girls	9-03	8-09	9-03	9-09	10-03

HIGH JUMP	State Qualifier	Final Start	1st Raise	2nd Raise	3rd Raise
Boys	6-02	5-11	6-01	6-03	6-05
Girls	5-01	4-10	5-01	5-03	5-05

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.