



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

DIVISION 3

DIVISION 3 BOYS			
Event	Regional Qualifier	State Qualifier	Early Qualifier
4x800 Relay	-	8:30.00	8:16.80
110 m Hurdles	17.50	15.90	15.20
100 m	11.80	11.30	11.10
4x200 Relay	-	1:33.50	1:31.80
1600 m	4:56.00	4:37.50	4:25.50
4x100 Relay	-	44.70	44.00
400 m	54.20	52.10	50.80
300 m Hurdles	44.60	41.80	40.80
800 m	2:10.00	2:02.50	1:59.30
200 m	24.00	23.00	22.60
3200 m	11:02.00	10:07.00	9:43.00
4x400 Relay	-	3:34.00	3:30.00
Discus	119-00	136-00	151-00
High Jump	5-06	6-02	6-05
Long Jump	19-00	20-06	21-02
Pole Vault	11-00	13-00	13-09
Shot Put	41-06	46-00	50-09

DIVISION 3 GIRLS			
Event	Regional Qualifier	State Qualifier	Early Qualifier
4x800 Relay	-	10:22.00	9:56.00
100 m Hurdles	18.50	16.70	15.80
100 m	13.70	13.10	12.80
4x200 Relay	-	1:51.50	1:48.00
1600 m	6:00.00	5:28.00	5:08.00
4x100 Relay	-	52.50	51.00
400 m	1:06.60	1:01.80	59.40
300 m Hurdles	54.00	49.60	47.30
800 m	2:41.00	2:27.50	2:21.00
200 m	28.40	26.90	26.30
3200 m	13:10.00	12:06.00	11:18.00
4x400 Relay	-	4:20.00	4:12.00
Discus	88-00	102-06	116-00
High Jump	4-06	5-02	5-04
Long Jump	14-08	16-00	16-06
Pole Vault	7-06	9-03	10-00
Shot Put	30-00	33-08	36-08

REGIONALS – STANDARD RAISES

POLE VAULT	Regional Qualifier	Regional Start	1st Raise	2nd Raise	3rd Raise	4th Raise (SQ)	Final Start
Boys	11-00	10-06	11-03	12-00	12-06	13-00	12-00
Girls	7-06	7-00	7-09	8-03	8-09	9-03	8-03

HIGH JUMP	Regional Qualifier	Regional Start	1st Raise	2nd Raise	3rd Raise (SQ)	Final Start
Boys	5-06	5-05	5-08	5-11	6-02	5-11
Girls	4-06	4-05	4-08	4-11	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	13-00	12-00	12-09	13-03	13-09
Girls	9-03	8-03	9-00	9-06	10-00

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	5-01	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.