



MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION

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

DIVISION 4

DIVISION 4 BOYS			
Event	Regional Qualifier	State Qualifier	Early Qualifier
4x800 Relay	-	8:45.80	8:28.00
110 m Hurdles	18.80	16.70	16.00
100 m	12.10	11.60	11.20
4x200 Relay	-	1:36.30	1:33.30
1600 m	5:05.00	4:42.00	4:30.00
4x100 Relay	-	46.20	45.10
400 m	56.20	52.80	51.80
300 m Hurdles	47.00	43.40	41.80
800 m	2:14.50	2:05.60	2:00.50
200 m	24.90	23.70	23.10
3200 m	11:25.00	10:24.00	9:55.00
4x400 Relay	-	3:40.50	3:35.50
Discus	112-05	127-00	143-00
High Jump	5-06	5-11	6-02
Long Jump	18-02	19-10	20-05
Pole Vault	9-03	11-00	12-06
Shot Put	38-01	42-03	47-06

DIVISION 4 GIRLS			
Event	Regional Qualifier	State Qualifier	Early Qualifier
4x800 Relay	-	10:54.00	10:15.00
100 m Hurdles	19.40	17.50	16.60
100 m	14.00	13.40	12.90
4x200 Relay	-	1:54.80	1:50.50
1600 m	6:19.00	5:40.00	5:20.00
4x100 Relay	-	54.20	52.40
400 m	1:08.50	1:03.20	1:01.20
300 m Hurdles	56.10	51.20	48.50
800 m	2:45.00	2:31.50	2:25.00
200 m	29.20	27.60	26.90
3200 m	14:05.00	12:41.00	11:29.00
4x400 Relay	-	4:28.60	4:18.00
Discus	82-00	96-07	108-00
High Jump	4-05	4-11	5-01
Long Jump	13-11	15-04	16-02
Pole Vault	6-06	8-00	9-00
Shot Put	28-00	32-03	35-00

REGIONALS – STANDARD RAISES

POLE VAULT	Regional Qualifier	Regional Start	1st Raise	2nd Raise	3rd Raise	4th Raise (SQ)	Final Start
Boys	9-03	8-06	9-03	10-00	10-06	11-00	10-03
Girls	6-06	6-00	6-06	7-00	7-06	8-00	7-03

HIGH JUMP	Regional Qualifier	Regional Start	1st Raise	2nd Raise	3rd Raise (SQ)	Final Start
Boys	5-06	5-03	5-06	5-09	5-11	5-08
Girls	4-05	4-03	4-06	4-09	4-11	4-07

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	11-00	10-03	11-00	11-06	12-00
Girls	8-00	7-03	7-0	8-03	8-09

HIGH JUMP	State Qualifier	Final Start	1st Raise	2nd Raise	3rd Raise
Boys	5-11	5-08	5-10	6-00	6-02
Girls	4-11	4-08	4-10	5-00	5-02

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.