

**2019 NMAA STATE TRACK & FIELD CHAMPIONSHIPS
QUALIFYING STANDARDS**

GIRLS

EVENT	A	2A	3A	4A	5A
100 M	13.50	13.20	13.10	12.90	12.70
200 M	28.00	27.80	27.50	26.70	26.30
400 M	1:05.00	1:04.00	1:02.50	1:01.50	1:00.50
800 M	2:39.00	2:36.00	2:32.00	2:27.00	2:24.20
1600 M	6:07.30	5:52.00	5:42.00	5:30.00	5:27.00
3200 M	13:52.00	12:51.00	12:38.00	12:10.00	12:04.00
100 Hurdles	18.40	17.70	17.50	16.90	16.80
300 Hurdles	52.30	51.40	51.20	49.10	48.90
400 Relay	54.90	53.70	53.60	51.40	51.00
800 Relay	1:57.30	1:55.30	1:53.50	1:49.60	1:48.00
Medley	4:54.50	4:43.00	4:42.00	4:29.00	4:25.00
1600 Relay	4:36.50	4:31.00	4:26.50	4:15.00	4:13.00
Shot Put	31'0	31'6	31'9	33'6	34'0
Discus	93'0	97'0	98'0	103'0	105'0
Long Jump	15'2	15'8	16'2	16'6	16'10
High Jump	4'8	4'8	4'10	5'0	5'0
Triple Jump	31'0	31'9	32'6	33'4	34'0
Pole Vault	7'6	8'0	8'0	8'6	8'6
Javelin	100'0	102'0	103'0	108'0	109'0

			BOYS		
EVENT	A	2A	3A	4A	5A
100 M	11.80	11.60	11.40	11.30	11.10
200 M	24.10	23.60	23.30	23.00	22.60
400 M	54.00	53.10	52.50	51.30	50.60
800 M	2:10.60	2:06.50	2:03.20	2:01.80	1:59.50
1600 M	5:05.30	4:55.00	4:45.00	4:33.30	4:32.30
3200 M	11:19.30	10:40.00	10:26.00	10:05.00	10:03.30
110 Hurdles	17.80	17.10	16.50	16.20	15.70
300 Hurdles	44.90	43.70	43.00	41.90	40.80
400 Relay	47.10	45.70	45.40	44.20	43.70
800 Relay	1:38.80	1:36.00	1:36.00	1:33.10	1:31.60
Medley	3:58.50	3:51.70	3:49.50	3:43.20	3:42.00
1600 Relay	3:47.20	3:39.50	3:37.30	3:32.50	3:29.00
Shot Put	41'0	42'6	44'0	45'6	49'0
Discus	116'0	120'0	127'0	133'0	139'0
Long Jump	19'6	20'0	20'6	21'0	21'6
High Jump	5'10	5'10	6'0	6'0	6'2
Triple Jump	39'0	40'6	41'0	42'0	42'9
Pole Vault	10'6	10'6	11'6	12'0	12'6
Javelin	140'0	146'0	150'0	156'0	164'0

*To convert hand held times ALWAYS ROUND UP to the nearest tenth and add .24 of a second.