

2022 NMAA STATE TRACK & FIELD CHAMPIONSHIPS QUALIFYING STANDARDS

EVENT	A	2A	3A	4A	5A
Girls 100 Meter Dash	13.70	13.60	13.40	13.10	13.00
Girls 200 Meter Dash	29.00	28.40	27.80	27.30	26.70
Girls 400 Meter Dash	1:07.00	1:05.70	1:03.90	1:01.60	1:00.60
Girls 800 Meter Run	2:41.00	2:35.00	2:34.00	2:27.00	2:23.80
Girls 1600 Meter Run	6:10.00	6:00.00	5:46.00	5:36.00	5:30.00
Girls 3200 Meter Run	13:50.00	13:00.00	12:50.00	12:16.00	11:54.00
Girls 100 Meter Hurdles	18.40	18.00	17.90	17.00	16.20
Girls 300 Meter Hurdles	53.00	52.00	51.00	48.20	47.90
Girls 400 Meter Relay	56.00	53.70	52.50	51.80	50.80
Girls 800 Meter Relay	2:01.00	1:56.00	1:52.00	1:51.00	1:48.60
Girls 1600 Meter Medley Relay	5:00.00	4:49.00	4:42.30	4:33.00	4:29.50
Girls 1600 Meter Relay	4:40.00	4:33.00	4:26.70	4:17.00	4:10.60
Girls 3200 Meter Relay	13:40.00	13:00.00	12:38.00	10:58.00	10:39.00
Girls Shot Put	29'5"	30'1"	31'00"	31'8"	34'0"
Girls Discus	78'0"	86'3"	92'9"	99'0"	107'0"
Girls Long Jump	14'6"	15'5"	15'10"	16'3"	16'10"
Girls High Jump	4'8"	4'8"	4'8"	4'10"	5'0"
Girls Triple Jump	30'0"	31'1"	32'6"	34'7"	34'9"
Girls Pole Vault	7'0"	7'6"	8'0"	8'6"	9'0"
Girls Javelin	93'0"	96'0"	100'0"	107'9"	110'0"

EVENT	A	2A	3A	4A	5A
Boys 100 Meter Dash	12.00	11.90	11.70	11.50	11.40
Boys 200 Meter Dash	24.60	24.50	24.10	23.30	22.80
Boys 400 Meter Dash	54.50	53.70	53.60	52.20	51.00
Boys 800 Meter Run	2:13.00	2:08.00	2:06.00	2:03.00	2:00.20
Boys 1600 Meter Run	5:06.00	4:52.00	4:45.00	4:35.00	4:33.00
Boys 3200 Meter Run	11:20.00	10:40.00	10:28.00	10:10.00	10:05.00
Boys 110 Meter Hurdles	18.00	17.40	17.00	16.40	15.70
Boys 300 Meter Hurdles	46.30	44.00	43.50	41.90	41.00
Boys 400 Meter Relay	48.00	47.00	45.40	44.60	43.70
Boys 800 Meter Relay	1:42.00	1:39.00	1:37.00	1:35.00	1:34.00
Boys 1600 Meter Medley Relay	4:05.00	3:59.00	3:53.00	3:48.00	3:44.00
Boys 1600 Meter Relay	3:52.00	3:48.00	3:39.00	3:33.40	3:30.30
Boys 3200 Meter Relay	11:18.00	9:52.00	9:46.00	9:11.00	8:38.00
Boys Shot Put	39'	40'3"	41'1"	43'4"	46'0"
Boys Discus	105'0"	110'0"	114'6"	129'4"	135'1"
Boys Long Jump	19'3"	19'6"	19'10"	20'4"	21'1"
Boys High Jump	5'8"	5'8"	5'8"	5'10"	6'0"
Boys Triple Jump	37'3"	38'1"	39'9"	41'3"	42'4"
Boys Pole Vault	10'0"	10'6"	11'0"	11'6"	12'6"
Boys Javelin	130'0"	138'0"	139'0"	145'10"	156'0"

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