

**2023 NMAA STATE TRACK & FIELD CHAMPIONSHIPS
QUALIFYING STANDARDS**

EVENT	A	2A	3A	4A	5A
Girls 100 Meter Dash	13.92	13.49	13.47	13.06	12.78
Girls 200 Meter Dash	29.17	27.98	27.88	27.13	26.60
Girls 400 Meter Dash	1:08.65	1:06.32	1:04.64	1:01.58	1:00.27
Girls 800 Meter Run	2:40.90	2:38.46	2:33.45	2:27.88	2:23.93
Girls 1600 Meter Run	6:23.89	6:03.51	5:47.68	5:37.02	5:27.37
Girls 3200 Meter Run	14:44.84	13:25.91	12:41.09	12:07.89	11:58.76
Girls 100 Meter Hurdles	18.59	18.01	17.97	16.75	16.17
Girls 300 Meter Hurdles	53.79	52.93	50.85	50.00	47.76
Girls 400 Meter Relay	55.53	53.77	53.04	51.51	50.30
Girls 800 Meter Relay	1:59.86	1:57.53	1:53.50	1:52.79	1:47.56
Girls 1600 Meter Medley Relay	5:04.12	4:52.20	4:43.92	4:32.85	4:28.87
Girls 1600 Meter Relay	4:46.57	4:37.22	4:28.96	4:18.44	4:10.61
Girls 3200 Meter Relay	12:52.00	12:35.00	12:00.00	10:48.00	10:32.00
Girls Shot Put	29'3"	29'4"	30'7"	32'4"	35'2"
Girls Discus	80'0"	83'2"	91'2"	99'0"	109'5"
Girls Long Jump	14'6"	15'3"	15'10"	16'3"	16'9"
Girls High Jump	4'8"	4'8"	4'8"	4'10"	5'0"
Girls Triple Jump	29'9"	31'0"	31'3"	34'0"	34'3"
Girls Pole Vault	7'0"	7'0"	7'6"	9'0"	9'0"
Girls Javelin	94'1"	95'0"	96'0"	108'1"	109'5"

EVENT	A	2A	3A	4A	5A
Boys 100 Meter Dash	12.10	11.85	11.65	11.33	11.19
Boys 200 Meter Dash	24.44	24.07	23.85	22.98	22.67
Boys 400 Meter Dash	55.35	53.52	53.30	51.72	50.62
Boys 800 Meter Run	2:14.21	2:07.45	2:07.03	2:02.86	2:00.62
Boys 1600 Meter Run	5:14.12	4:50.83	4:46.86	4:38.18	4:33.00
Boys 3200 Meter Run	11:37.61	11:09.39	10:40.80	10:18.25	10:00.08
Boys 110 Meter Hurdles	18.85	17.50	17.34	16.15	15.46
Boys 300 Meter Hurdles	45.29	44.39	44.10	41.59	40.99
Boys 400 Meter Relay	49.08	46.75	45.44	44.28	43.41
Boys 800 Meter Relay	1:45.42	1:38.49	1:37.25	1:33.02	1:32.00
Boys 1600 Meter Medley Relay	4:30.24	4:00.45	3:54.20	3:46.46	3:44.50
Boys 1600 Meter Relay	3:55.44	3:43.75	3:40.22	3:33.62	3:29.97
Boys 3200 Meter Relay	10:17.00	9:39.00	9:23.00	9:10.00	8:34.00
Boys Shot Put	38'1"	41'10"	42'0"	43'4"	47'2"
Boys Discus	102'10"	111'11"	112'6"	127'1"	135'10"
Boys Long Jump	18'11"	19'0"	19'10"	20'5"	20'11"
Boys High Jump	5'6"	5'8"	5'8"	5'10"	6'0"
Boys Triple Jump	36'2"	38'2"	38'9"	41'5"	41'8"
Boys Pole Vault	9'6"	10'0"	10'0"	11'6"	12'0"
Boys Javelin	131'9"	134'9"	136'3"	149'7"	151'11"