



**2026 NMAA STATE TRACK & FIELD CHAMPIONSHIPS
QUALIFYING STANDARDS**



EVENT	A	2A	3A	4A	5A
Girls 100 Meter Dash	13.75	13.47	13.27	13.08	12.66
Girls 200 Meter Dash	28.51	27.87	27.26	26.63	26.37
Girls 400 Meter Dash	1:05.52	1:03.94	1:03.40	1:02.25	1:00.47
Girls 800 Meter Run	2:38.00	2:37.00	2:30.00	2:28.00	2:26.25
Girls 1600 Meter Run	6:08.00	6:01.00	5:39.00	5:31.00	5:30.00
Girls 3200 Meter Run	13:58.00	13:53.00	12:56.00	12:14.00	12:00.00
Girls 100 Meter Hurdles	18.60	17.91	17.80	16.83	16.75
Girls 300 Meter Hurdles	52.98	51.07	51.00	48.08	48.05
Girls 400 Meter Relay	55.02	53.78	53.48	51.11	50.06
Girls 800 Meter Relay	1:56.39	1:55.19	1:55.00	1:49.02	1:46.73
Girls 1600 Meter Medley Relay	4:54.26	4:54.03	4:44.30	4:32.89	4:25.76
Girls 1600 Meter Relay	4:40.26	4:32.01	4:24.98	4:14.42	4:12.01
Girls 3200 Meter Relay	11:52.00	11:33.00	11:10:00	10:25.00	10:06.00
Girls Shot Put	30'	30'1"	30'2"	33'	34'8"
Girls Discus	88'9"	90'	90'1"	97'10"	107'4"
Girls Long Jump	14'10"	15'6"	15'7"	17'	17'1"
Girls Triple Jump	29'9"	30'	31'	33'2"	34'2"
Girls High Jump	4'8"	4'8"	4'8"	4'10"	5'0"
Girls Pole Vault	7'0"	7'6"	7'6"	9'0"	9'0"
Girls Javelin	93'7"	100'5"	101'	103'	115'4"

EVENT	A	2A	3A	4A	5A
Boys 100 Meter Dash	11.78	11.75	11.72	11.25	11.13
Boys 200 Meter Dash	24.10	23.91	23.65	22.76	22.46
Boys 400 Meter Dash	55.82	53.10	53.00	51.10	50.66
Boys 800 Meter Run	2:11.00	2:05.00	2:04.00	2:00.50	1:59.20
Boys 1600 Meter Run	5:02.00	4:53.00	4:46.00	4:34.00	4:29.00
Boys 3200 Meter Run	11:36.00	10:46:00	10:44.00	10:02.00	9:52.00
Boys 110 Meter Hurdles	17.92	17.21	17.10	16.20	15.86
Boys 300 Meter Hurdles	44.06	44.04	44.00	41.17	41.10
Boys 400 Meter Relay	47.02	46.53	45.17	43.89	42.62
Boys 800 Meter Relay	1:39.52	1:37.79	1:36.32	1:32.83	1:31.95
Boys 1600 Meter Medley Relay	4:01.11	3:55.24	3:51.66	3:45.68	3:40.94
Boys 1600 Meter Relay	3:48.25	3:43.01	3:39.42	3:31.15	3:27.78
Boys 3200 Meter Relay	9:26.00	9:08.00	9:02.00	8:35.00	8:25.00
Boys Shot Put	39'8"	41'	42'	45'11"	47'6"
Boys Discus	116'10"	119'3"	119'4"	128'5"	134'8"
Boys Long Jump	19'4"	19'5"	19'6"	20'10"	21'6"
Boys Triple Jump	39'	39'2"	39'3"	42'	43'
Boys High Jump	5'8"	5'8"	5'10"	6'	6'
Boys Pole Vault	10'	10'	10'	12'	12'
Boys Javelin	134'5"	135'3"	135'4"	150'8"	157'