

NORTH DAKOTA HIGH SCHOOL TRACK & FIELD

Boys and Girls Class A & B Qualifying Standards

updated: 9/27/22

Girls	Event	Boys
13.04	100 Meter Dash	11.34 (A)
		11.44 (B)
26.94	200 Meter Dash	23.24
61.74	400 Meter Dash	52.24
2:25.24 (A)	800 Meter Run	2:01.74 (A)
2:26.24 (B)		2:03.24 (B)
5:30.24 (A)	1600 Meter Run	4:35.24 (A)
5:35.24 (B)		4:40.24 (B)
12:05.24 (A)	3200 Meter Run	10:05.24 (A)
12:16.24 (B)		10:20.24 (B)
16.84	100 Meter Hurdles	
	110 Meter Hurdles	16.14 (A)
		16.44 (B)
48.84	300 Meter Hurdles	42.44
16'8" (A)	Long Jump	20'9"
16'5" (B)		
34'4" (A)	Triple Jump	41'6"
34' (B)		
5'1" (A)	High Jump	6'2"
5'0" (B)		
35'6"	Shot Put	48'6" (A)
		46'9" (B)
110'	Discus	145' (A)
		135' (B)
110' (A)	Javelin	160' (A)
115' (B)		155' (B)
9'3" (A)	Pole Vault	12'6" (A)
9' (B)		11'6" (B)
52.84	4 x 100 Meter Relay	45.44 (A)
		45.94 (B)
1:51.54	4 x 200 Meter Relay	1:34.24 (A)
		1:35.24 (B)
4:16.24 (A)	4 x 400 Meter Relay	3:34.24 (A)
4:18.24 (B)		3:36.24 (B)
10:10.24 (A)	4 X 800 Meter Relay	8:24.24 (A)
10:23.24 (B)		8:40.24 (B)

Note: Handheld times must be rounded to the higher tenth and add .24.