

| OUTDOOR TRACK SUPER QUALIFYING STANDARDS 2019 | | | | | | |
|---|------------|-------------|--|--------------|------------|-------------|
| Must be done in multi-school Invitational or Championship Meet | | | | | | |
| 5 YEAR AVERAGE FROM FOURTH PLACE FINISH AT STATE MEET (2014-18) | | | | | | |
| Athlete or Relay Team must participate in that event at State Quals Meet | | | | | | |
| BOYS | FAT | HAND | | GIRLS | FAT | HAND |
| 100-D1 | 10.89 | 10.6 | | 100-D1 | 12.36 | 12.1 |
| 100-D2 | 11.08 | 10.8 | | 100-D2 | 12.56 | 12.3 |
| 200-D1 | 22.02 | 21.7 | | 200-D1 | 25.06 | 24.8 |
| 200-D2 | 22.41 | 22.1 | | 200-D2 | 25.63 | 25.3 |
| 400-D1 | 48.93 | 48.6 | | 400-D1 | 56.93 | 56.6 |
| 400-D2 | 50.39 | 50.1 | | 400-D2 | 57.68 | 57.4 |
| 800-D1 | 1:53.97 | 1:53.7 | | 800-D1 | 2:11.83 | 2:11.5 |
| 800-D2 | 1:56.02 | 1:55.7 | | 800-D2 | 2:13.41 | 2:13.1 |
| 1600-D1 | 4:13.52 | 4:13.2 | | 1500-D1 | 4:30.91 | 4:30.6 |
| 1600-D2 | 4:19.97 | 4:19.7 | | 1500-D2 | 4:41.61 | 4:41.3 |
| 3200-D1 | 9:14.95 | 9:14.7 | | 3000-D1 | 9:48.24 | 9:48.0 |
| 3200-D2 | 9:32.52 | 9:32.2 | | 3000-D2 | 10:15.04 | 10:14.8 |
| STEEP-D1 | 9:27.12 | 9:26.8 | | STEEP-D1 | 6:55.71 | 6:55.4 |
| STEEP-D2 | 9:44.12 | 9:43.8 | | STEEP-D2 | 7:15.01 | 7:14.7 |
| 110H-D1 | 14.71 | 14.4 | | 100H-D1 | 14.91 | 14.6 |
| 110H-D2 | 14.93 | 14.6 | | 100-H-D2 | 15.61 | 15.3 |
| 400H-D1 | 54.93 | 54.6 | | 400H-D1 | 63.22 | 62.9 |
| 400H-D2 | 56.32 | 56.0 | | 400H-D2 | 65.12 | 64.8 |
| 400REL-D1 | 42.93 | 42.6 | | 400REL-D1 | 48.47 | 48.2 |
| 400REL-D2 | 43.55 | 43.3 | | 400REL-D2 | 49.88 | 49.6 |
| 1600REL-D1 | 3:20.01 | 3:19.7 | | 1600REL-D1 | 3:55.54 | 3:55.3 |
| 1600REL-D2 | 3:27.32 | 3:27.0 | | 1600REL-D2 | 4:01.31 | 4:01.0 |
| 3200REL-D1 | 7:48.36 | 7:48.1 | | 3200REL-D1 | 9:08.71 | 9:08.4 |
| 3200REL-D2 | 8:06.11 | 8:05.8 | | 3200REL-D2 | 9:31.62 | 9:31.3 |
| LJ-D1 | 22'8" | | | LJ-D1 | 18'5" | |
| LJ-D2 | 22'3" | | | LJ-D2 | 17'6" | |
| TJ-D1 | 46'5" | | | TJ-D1 | 38'1" | |
| TJ-D2 | 45'5" | | | TJ-D2 | 37' | |
| HJ-D1 | 6'4" | | | HJ-D1 | 5'4" | |
| HJ-D2 | 6'4" | | | HJ-D2 | 5'3" | |
| PV-D1 | 14'5" | | | PV-D1 | 11'6" | |
| PV-D2 | 14' | | | PV-D2 | 10'8" | |
| SP-D1 | 54'2" | | | SP-D1 | 40'1" | |
| SP-D2 | 50'8" | | | SP-D2 | 38'2" | |
| DISC-D1 | 161'4" | | | DISC-D1 | 123'3" | |
| DISC-D2 | 146'6" | | | DISC-D2 | 116'5" | |
| PENT-D1 | 3184 | | | PENT-D1 | 3105 | |
| PENT-D2 | 3109 | | | PENT-D2 | 2799 | |