

# 2022 NYSPHSAA SUPER QUALIFYING STANDARDS

5 year avg. of 4th place NYSPHSAA Finisher  
(2015-2019)

Event	Boys Division 1	Boys Division 2	Event	Girls Division 1	Girls Division 2
100m	11.08	11.14	100m	12.38	12.67
200m	22.13	22.46	200m	25.13	25.45
400m	48.64	49.91	400m	56.36	58.15
110m HH	14.71	15.09	100m H	15.13	15.65
400m IH	54.99	56.13	400m IH	1:03.49	1:05.64
800m	1:53.94	1:55.32	800m	2:11.39	2:14.66
1600m	4:15.59	4:20.93	1500m	4:31.65	4:40.18
3200m	9:16.30	9:30.90	3000m	9:45.62	10:16.87
3k Steeple	9:24.44	9:44.96	2k Steeple	6:54.72	7:11.90
High Jump	6'5"	6'4"	High Jump	5'4"	5'3"
Pole Vault	14'5"	13'10"	Pole Vault	11'6"	10'7"
Long Jump	22'4.75"	21'07.25"	Long Jump	18'01.00"	17'06.00"
Triple Jump	45'10.75"	45'01.00"	Triple Jump	38'03.00"	37'00.00"
Shot Put	54'04.00"	52'05.00"	Shot Put	40'01.00"	38'00.25"
Discus	158'03"	150'06"	Discus	125'02"	117'06"
Pentathlon	3171	3099	Pentathlon	3156	2758
4x100m	42.52	43.67	4x100m	48.37	49.89
4x400m	3:19.44	3:27.19	4x400m	3:56.00	4:03.35
4x800m	7:50.53	8:05.34	4x800m	9:09.09	9:30.24

Performances must occur in a meet with 5 or more teams with certified officials.

All track times must be FAT.

Athletes/Relays who meet a Super Standard must compete in that event at their state qualifier meet to advance to the state meet by virtue of the Super Standard.

ACCEPTED 12/3/19

**NYSPHSAA/FEDERATION BOYS & GIRLS SPRING TRACK**  
**APPROVED STANDARDS FOR THE SECOND QUALIFIER FOR**  
**THE 2022 SEASON**

EACH SECTION MUST DESIGNATE THEIR STATE QUALIFIER MEET.

FIRST PLACE FINISHER IN EACH INDIVIDUAL EVENT AND RELAY FROM THE FOLLOWING DIVISIONS WILL ADVANCE TO THE STATE MEET: ***DIVISION I AND DIVISION II.***

A SECTION MAY SEND ANOTHER ATHLETE OR RELAY TEAM IN ANY EVENT. THEY MUST BE THE HIGHEST PLACING FINISHER AT THE QUALIFIER THAT HAS MET THE STANDARD LISTED BELOW.

***THE STANDARD MAY BE MET AT ANY INVITATIONAL OR CHAMPIONSHIP MEET AT ANYTIME DURING THE SEASON.***

<b>EVENT</b>	<b>BOYS D1</b>	<b>BOYS D2</b>	<b>GIRLS D1</b>	<b>GIRLS D2</b>
<b>100M DASH</b>	11.0 / 11.23	11.1 / 11.29	12.3 / 12.45	12.6 / 12.80
<b>200M DASH</b>	22.1 / 22.27	22.5 / 22.71	25.4 / 25.62	25.9 / 26.06
<b>400M DASH</b>	48.7 / 48.94	50.2 / 50.43	57.2 / 57.35	58.6 / 58.78
<b>800M RUN</b>	1:54.3/ 1:54.48	1:56.9 / 1:57.09	2:12.5 / 2:12.65	2:16.5 / 2:16.66
<b>1600/1500M RUN</b>	4:17.2/ 4:17.42	4:23.5 / 4:23.74	4:36.2 / 4:36.40	4:45.6 / 4:45.76
<b>3200/3000M RUN</b>	9:25.3/ 9:25.51	9:38.6 / 9:38.79	10:03.8 / 10:04.01	10:19.3 / 10:19.48
<b>STEEPLECHASE</b>	9:32.4/ 9:32.60	9:54.4 / 9:54.62	7:03.9 / 7:04.05	7:18.4 / 7:18.62
<b>HIGH HURDLES</b>	14.6 / 14.79	15.2 / 15.39	15.0 / 15.24	15.8 / 15.99
<b>400M HURDLES</b>	55.9 / 56.09	56.8 / 56.98	64.7 / 64.86	66.3 / 66.53
<b>LONG JUMP</b>	22' 01.5"	21' 00.75"	17' 09.25"	17' 01.5"
<b>TRIPLE JUMP</b>	45' 01"	44' 03.25"	37' 06.75"	36' 05"
<b>SHOT PUT</b>	52' 01.25"	51' 00.25"	39' 00.25"	36' 05"
<b>DISCUS</b>	149' 07"	146' 03"	120' 06"	109' 11"
<b>HIGH JUMP</b>	6' 03.25"	6' 01.5"	5' 03"	5' 01"
<b>POLE VAULT</b>	14' 02"	13' 05"	11' 02.5"	10' 00.75"
<b>PENTATHLON</b>	3062 PTS.	2992 PTS.	2907 PTS.	2693 PTS.
<b>400M RELAY</b>	42.6 / 42.76	44.0 / 44.23	48.4 / 48.62	50.2 / 50.39
<b>1600M RELAY</b>	3:20.6/ 3:20.76	3:27.9 / 3:28.06	3:57.1/ 3:57.25	4:06.9/ 4:07.11
<b>3200M RELAY</b>	7:53.2/ 7:53.40	8:10.1 / 8:10.30	9:14.6 / 9:14.84	9:41.2 / 9:41.37

(FIRST TIME LISTED IN EACH COLUMN IS HAND TIMED, SECOND TIME LISTED IS FULLY AUTOMATIC TIMING. STANDARD HYTEK CONVERSION OF .24 WAS USED FOR ALL RUNNING EVENTS.)

THESE STANDARDS REPRESENT THE AVERAGE OF 6<sup>TH</sup> PLACE IN THE FINALS FROM 2015 THROUGH 2019

ACCEPTED 12/03/19

# Section V Track and Field Championships

## Order-of-Events

Class A2 & B1 @ Canandaigua Academy

Class A1 & B2 @ Hilton H.S.

28-May-22

Start Time -----	Events -----	Grouping -----
	Girls' first by class (smaller class first), then boys.	
10:00 AM	Pentathlon 100 Hurdles	Girls
	100 Hurdles	Girls
	Pentathlon 110 Hurdles	Boys
	110 Hurdles	Boys
	3200 Relay	Girls / Boys
	100 Sprint	Girls / Boys
	2000 Steeplechase	Girls
	3000 Steeplechase	Boys
	400 Run Finals	Girls / Boys
	1500 Run	Girls
	1600 Run	Boys
	400 Relay	Girls / Boys
	400 Hurdles	Girls / Boys
	800 Run	Girls / Boys
	200 Sprint	Girls / Boys
	3000 Run	Girls
	3200 Run	Boys
	Pentathlon 800 / 1500 Run ***	Girls / Boys
	1600 Relay	Girls / Boys

Boys Pent. - 110H, 1500, HJ, LJ, SP      Girls Pent. - 100H, 800, HJ, LJ, SP  
 (Exact order of events to be determined at seeding meeting)

\*\*\* If both pent's are not ready to run there will be a 20 minute break.

Field Events - Boys first - long jump, shot put, pole vault \*\*

9:30 AM Girls first - long jump, discus, high jump \*\*

\*\* (If there are 2 PV area both B/G at the same time)

\*\* (If there are 2 HJ area both B/G at the same time)

Weigh-in for shot puts, discus, and pole vaulters is 9:15 am.

# SECTION V TRACK & FIELD CHAMPIONSHIPS ORDER-of-EVENTS

Class B5 @ South Seneca High School  
 Classes B3 & B4 @ Caledonia-Mumford C.S.

27-May-22

Start Time -----	Events -----	Grouping -----
	Girls' first by class (smaller class first), then boys.	
5:00 PM	Pentathlon 100 Hurdles	Girls
	100 Hurdles	Girls
	Pentathlon 110 Hurdles	Boys
	110 Hurdles	Boys
	3200 Relay	Girls / Boys
	100 Sprint	Girls / Boys
	2000 Steeplechase	Girls
	3000 Steeplechase	Boys
	400 Run Finals	Girls / Boys
	1500 Run	Girls
	1600 Run	Boys
	400 Relay	Girls / Boys
	400 Hurdles	Girls / Boys
	800 Run	Girls / Boys
	200 Sprint	Girls / Boys
	3000 Run	Girls
	3200 Run	Boys
	Pentathlon 800 / 1500 Run ***	Girls / Boys
	1600 Relay	Girls / Boys

Boys Pent. - 110H, 1500, HJ, LJ, SP      Girls Pent. - 100H, 800, HJ, LJ, SP

(Exact order of events to be determined at seeding meeting)

\*\*\* If both pent's are not ready to run there will be a 20 minute break.

Field Events - Boys first - long jump, shot put, pole vault \*\*

5:00 PM Girls first - long jump, discus, high jump \*\*

\*\* (If there are 2 PV area both B/G at the same time)

\*\* (If there are 2 HJ area both B/G at the same time)

Weigh-in for shot puts, discus, and pole vaulters is 3:30 pm.