

NYSPHSAA/FEDERATION BOYS & GIRLS SPRING TRACK
APPROVED STANDARDS FOR THE SECOND QUALIFIER FOR
THE 2023 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.

<u>EVENT</u>	<u>BOYS D1</u>	<u>BOYS D2</u>	<u>GIRLS D1</u>	<u>GIRLS D2</u>
100M DASH	11.0 / 11.23	11.0 / 11.24	12.2 / 12.51	12.5 / 12.81
200M DASH	22.0 / 22.28	22.4 / 22.68	25.4 / 25.63	25.8 / 26.09
400M DASH	49.2 / 49.43	50.4 / 50.68	58.0 / 58.26	59.0 / 59.27
800M RUN	1:55.2/ 1:55.47	1:57.7 / 1:57.95	2:12.3 / 2:12.53	2:17.0 / 2:17.21
1600/1500M RUN	4:17.0/ 4:17.24	4:24.2 / 4:24.46	4:35.3 / 4:35.56	4:46.1 / 4:46.40
3200/3000M RUN	9:22.1/ 9:22.35	9:40.2 / 9:40.47	10:03.3 / 10:03.59	10:19.0/ 10:19.26
STEEPLECHASE	9:36.5/ 9:36.79	9:57.3 / 9:57.61	7:04.7 / 7:04.97	7:17.6 / 7:17.86
HIGH HURDLES	14.5 / 14.78	15.2 / 15.47	15.0 / 15.25	15.9 / 16.10
400M HURDLES	55.8 / 56.09	56.9 / 57.21	65.1 / 65.32	66.4/ 66.66
LONG JUMP	22' 01.25"	21' 03"	18' 01.25"	17' 01.25"
TRIPLE JUMP	45' 00"	44' 04.25"	37' 07.5"	36' 05.5"
SHOT PUT	51' 00.5"	50' 07.5"	38' 01.5"	36' 02.25"
DISCUS	148' 04"	143' 07"	119' 02"	110' 06"
HIGH JUMP	6' 03"	6' 02"	5' 03"	5' 02"
POLE VAULT	13' 07"	13' 00"	11' 03"	10' 00"
PENTATHLON	3020 PTS.	2956 PTS.	3003 PTS.	2637 PTS.
400M RELAY	42.6 / 42.89	43.9 / 44.20	48.5 / 48.73	50.3 / 50.59
1600M RELAY	3:22.4/ 3:22.69	3:28.2 / 3:28.48	3:59.7/ 3:59.93	4:07.3/ 4:07.57
3200M RELAY	7:53.9/ 7:54.17	8:12.1 / 8:12.33	9:18.8 / 9:19.00	9:44.7 / 9:44.94

(FIRST TIME LISTED IN EACH COLUMN IS HAND TIMED, SECOND TIME LISTED IS FULLY AUTOMATIC TIMING.

THESE STANDARDS REPRESENT THE AVERAGE OF 6TH PLACE IN THE FINALS FROM 2016 THROUGH 2022

PROPOSED 12/06/22