

2023 NYSPHSAA SUPER QUALIFYING STANDARDS

5 year avg. of 4th place NYSPHSAA Finisher
(2016-2022)

Event	Boys Division 1	Boys Division 2	Event	Girls Division 1	Girls Division 2
100m	11.1	11.11	100m	12.42	12.73
200m	22.23	22.4	200m	25.01	25.87
400m	48.99	50.08	400m	56.56	58.42
110m HH	14.74	15.12	100m H	15.1	15.71
400m IH	55.15	56.44	400m IH	63.99	65.81
800m	1:54.50	1:55.63	800m	2:10.83	2:15.05
1600m	4:15.63	4:21.43	1500m	4:31.80	4:38.96
3200m	9:14.64	9:30.40	3000m	9:45.25	10:13.65
3k Steeple	9:28.05	9:46.97	2k Steeple	6:54.59	7:09.32
High Jump	6'05"	6'04"	High Jump	5'04"	5'03"
Pole Vault	14'01"	13'07"	Pole Vault	11'07"	10'05"
Long Jump	22'05"	21'11"	Long Jump	18'04"	17'07"
Triple Jump	46' 00"	45'02"	Triple Jump	38'07"	37'00"
Shot Put	53' 04"	52'07.5"	Shot Put	39' 06"	37'11.5"
Discus	155'06"	148'08"	Discus	122' 03"	116' 10"
Pentathlon	3151	3052	Pentathlon	3172	2706
4x100m	42.57	43.59	4x100m	48.52	50.04
4x400m	3:21.09	3:27.83	4x400m	3:58.13	4:04.14
4x800m	7:51.90	8:06.38	4x800m	9:13.30	9:33.81

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 12/6/22