**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.***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
| **EVENT** | **BOYS D1** | **BOYS D2** | **GIRLS D1** | **GIRLS D2** |
| **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