

QUALIFYING STANDARDS
FOR
MICHIGAN LUTHERAN STATE TRACK MEET

REVISED FOR 2023

<u>EVENT</u>	<u>CLASS</u>	<u>GIRLS</u>	<u>BOYS</u>
100	A	14.40	13.40
	B	15.20	14.90
200	A	29.70	27.30
	B	31.80	30.60
400	A	1:09.40	1:01.60
	B	1:14.50	1:12.00
800	A	2:54.30	2:32.30
	B	2:57.30	2:50.30
1600	A	6:34.30	5:35.30
	B	6:34.30	6:05.30
400 RELAY	A	1:00.80	57.10
	B	1:05.50	1:03.50
800 RELAY	A	2:07.60	1:57.00
	B	2:17.20	2:14.80
1600 RELAY	A	5:07.30	4:39.30
	B	5:37.30	5:23.30
HIGH JUMP	A	4' 3"	4' 9"
	B	3' 11"	4' 0"
LONG JUMP	A	13' 4"	15' 3"
	B	11' 9"	12' 8"
SHOT PUT	A	29' 7"	33' 11"
	B	24' 5"	24' 3"

THE TOP 4 FINISHERS (THE TOP 5 IN THE 100, 200, 400, LONG JUMP, AND SHOT PUT ... THE TOP 3 IN THE 1600 RELAY) IN EACH REGION AUTOMATICALLY QUALIFY FOR THE STATE TRACK MEET. ANY OTHER ATHLETES WHO MEET THE ABOVE STANDARDS AT THE REGIONAL MEET ALSO QUALIFY FOR THE STATE MEET. THESE STANDARDS WERE COMPILED BY USING THE AVERAGE 8TH PLACE FINISHES AT THE PAST 6 STATE TRACK MEETS.

THIS QUALIFICATION TABLE IS ONLY TO BE USED FOR ADDITIONAL QUALIFIERS FOR THE 2023 STATE TRACK MEET. ALL PREVIOUS STANDARDS SHOULD BE DISREGARDED.

Rec-qua 6 / 13 / 22

These times are to be used for FAT systems only ... all hand-held timing would be 0.3 seconds faster.

