

2023 OUTDOOR TRACK - STATE DIV 3 STANDARDS

FIELD EVENTS

| | * Girls | * Boys | ** Field Size | * MA State Division 3 Qualification Standards (2023) (Fully Automated Times - FAT) (.24 sec is added to hand times) |
|-------------|---------|----------|------------------|--|
| Shot Put | 31' 9" | 44' 8" | 24 | |
| Discus | 91' 4" | 123' 8" | 24 | |
| Javelin | 98' 10" | 139' 11" | 24 | |
| Pole Vault | 7' 6" | 10' 0" | 16 | ** Event filled to this limit if not enough meet the standard. |
| High Jump | 5' 0" | 6' 0" | 24 | |
| Long Jump | 16' 8" | 20' 8" | 24 | |
| Triple Jump | 34' 3" | 40' 11" | 24 | |

TRACK EVENTS

| | | | |
|------------------|----------|----------|----|
| 100M Dash | 13.13 | 11.55 | 32 |
| 100/110M Hurdles | 16.82 | 16.38 | 32 |
| 400M Hurdles | 72.98 | 61.66 | 32 |
| 200M | 27.30 | 23.57 | 32 |
| 400M | 62.91 | 52.76 | 32 |
| 800M | 2:28.93 | 2:04.58 | 32 |
| 1 Mile | 5:36.12 | 4:40.60 | 32 |
| 2 Mile | 12:17.91 | 10:10.68 | 32 |
| 4x100M Relay | 51.98 | 45.19 | 24 |
| 4x400M Relay | 4:17.96 | 3:35.82 | 24 |
| 4x800M Relay | 10:24.39 | 8:32.55 | 24 |