

2022 Boy's Outdoor Track & Field Qualifying Standards

Track Event	DELCO	CAL	Dist. I	PIAA	USATF U20
100 Meter Dash	11.41	11.54	11.24	11.10	10.6
200 Meter Dash	23.01	23.54	22.84	22.50	21.4
400 Meter Dash	51.13	52.24	50.94	50.09	47.6
800 Meter Dash	2:00.11	2:03.24	1:59.64	1:57.00	1:51.54
1600 Meter Run	4:32.41	4:40.24	4:28.24	4:24.22	4:10.64^
3200 Meter Run	9:58.42	10:10.24	9:43.24	9:31.71	9:11.00^
110M Hurdles	16.10	16.24	15.54	15.10	14.35
300 Meter Hurdles	42.04	42.24	40.74	39.80	37.20^
4x100M Relay	N/A	N/A	44.14	43.25	N/A
4x400M Relay	N/A	N/A	3:26.24	3:24.03	N/A
4x800M Relay	N/A	N/A	8:12.04	8:02.04	N/A

Field Event

High Jump	5-9	5-8	6-2	6-5	6-10.25
Pole Vault	11-0	10-6	13-0	14-3	16-8
Long Jump	20-10	19-6	21-0	22-3	23-11.50
Triple Jump	20-10	40-0	42-8	45-0	47-03.00
Shot Put	44-0	42-0	48-0	52-0	18.89m
Discus	125-0	120-0	135-0	153-0	62.18m
Javelin	135-0	140-0	160-0	178-0	191-00

*3rd person standard

^not the actual event contested

2022 Girl's Outdoor Track & Field Qualifying Standards

Track Event	DELCO	CAL	Dist. I	PIAA	USATF U20
100 Meter Dash	13.24	13.54	12.74	12.50	11.90
200 Meter Dash	27.74	28.24	26.44	25.91	24.40
400 Meter Dash	63.24	65.24	60.24	58.80	55.20
800 Meter Dash	2:30.24	2:30.24	2:21.74	2:18.47	2:09.00
1600 Meter Run	5:38.24	5:40.24	5:16.24	5:10	4:53.00^
3200 Meter Run	13:00.24	13:00.24	11:30.24	11:10.00	10:44.00^
100M Hurdles	17.74	17.74	16.34	15.40	14.20
300 Meter Hurdles	50.74	52.74	47.74	46.25	42.35^
4x100M Relay	N/A	N/A	51.14	49.75	N/A
4x400M Relay	N/A	N/A	4:06.24	4:01.50	N/A
4x800M Relay	N/A	N/A	9:50.24	9:35.48	N/A

Field Event

High Jump	4-8	4-8	5-1	5-3	5-9
Pole Vault	7-0	8-0	9-6	11-6	13-4.50
Long Jump	15-6	15-9	16-10	17-9	20-00.25
Triple Jump	33-0	32-0	34-8	36-6	40-10.25
Shot Put	29-0	29-0	33-6	37-6	47-7
Discus	85-0	85-0	101-0	118-0	160-09.25
Javelin	90-0	80-0	103-0	122-0	149-03.25

*3rd person standard

^not the actual event contested