



2026 Outdoor Track & Field Championships Qualifying Standards

To compete in the 2026 VISAA Outdoor Track and Field Championships, all competitors must meet the 2026 qualifying standard listed below, competing in an outdoor meet, during the spring 2026 outdoor track and field qualification window of March 1, 2026 to May 13, 2026.

| Event | DI | DII |
|--------------------|----------|----------|
| Girls High Jump | 4-4 | 4-4 |
| Boys High Jump | 5-8 | 5-4 |
| Girls Long Jump | 15-0 | 14-5 |
| Boys Long Jump | 19-10 | 18-10 |
| Girls Shot Put | 27-2 | 27-8 |
| Boys Shot Put | 41-6 | 38-0 |
| Girls Triple Jump | 29-4 | 28-4 |
| Boys Triple Jump | 37-9 | 36-2 |
| Girls Discus | 77-6 | 73-00 |
| Boys Discus | 116-00 | 105-0 |
| Girls Pole Vault | 6-0 | 6-0 |
| Boys Pole Vault | 9-0 | 8-6 |
| | | |
| Girls 100m Hurdles | 20.84 | 21.20 |
| Boys 110m Hurdles | 18.98 | 20.00 |
| Girls 100m Dash | 13.77 | 13.77 |
| Boys 100m Dash | 11.50 | 11.92 |
| Girls 4x800m Relay | 12:00.00 | 12:40.00 |
| Boys 4x800m Relay | 9:28.00 | 10:28.00 |
| Girls 1600m | 5:51.01 | 5:59.50 |

| | | |
|--------------------|----------|----------|
| Boys 1600m | 4:47.00 | 4:56.23 |
| Girls 4x100m Relay | 59.78 | 57.10 |
| Boys 4x100m Relay | 49.08 | 49.30 |
| Girls 400m | 1:08.25 | 1:07.25 |
| Boys 400m | 55.69 | 55.50 |
| Girls 300m Hurdles | 57.68 | 57.95 |
| Boys 300m Hurdles | 46.50 | 49.00 |
| Girls 800m | 2:39.30 | 2:41.00 |
| Boys 800m | 2:08.53 | 2:10.50 |
| Girls 200m | 28.89 | 28.90 |
| Boys 200m | 23.25 | 24.02 |
| Girls 3200m | 13:20.00 | 13:38.00 |
| Boys 3200m | 10:30.00 | 11:00.00 |
| Girls 4x400m Relay | 4:45.50 | 4:50.00 |
| Boys 4x400m Relay | 3:55.00 | 3:58.00 |