

2023 QUALIFYING STANDARDS FOR INDOORS [F]

To compete the 2023 VISAA Indoor Track & Field Championships all students-athletes will have to have met the 2023 qualifying standard for each event they are entering and it will have been achieved during the 2021-2022 Winter Season.



Indoor

Girls High Jump	4-6
Boys High Jump	5-8
Girls Long Jump	13-01.0
Boys Long Jump	18-03.0
Girls Shot Put	24-07.0
Boys Shot Put	33-07.0
Girls Triple Jump	29-05.0
Boys Triple Jump	34-03.0
Girls Pole Vault	6-0
Boys Pole Vault	10-0

Girls 55M Hurdles	11.30
Boys 55M Hurdles	9.90
Girls 55M Dash	8.00
Boys 55M Dash	7.10
Girls 4x800m Relay	N/A
Boys 4x800m Relay	N/A
Girls 1600M	6:03.00
Boys 1600M	5:02.70
Girls 4x200m Relay	N/A
Boys 4x200m Relay	N/A
Girls 300	47.60
Boys 300	39.00
Girls 500	1:34.00
Boys 500	1:14.30
Girls 1000M	3:39.00
Boys 1000M	2:54.70
Girls 3200M	13:29.00
Boys 3200M	11:02.00
Girls 4x400m Relay	N/A
Boys 4x400m Relay	N/A