



VIRGINIA INDEPENDENT SCHOOLS ATHLETIC ASSOCIATION TRACK & FIELD CHAMPIONSHIPS



2023 QUALIFYING STANDARDS FOR DIVISION I & DIVISION II

To compete in the 2023 VISAA Outdoor 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 2023 spring season.

	DI	DII
Girls High Jump	4-6	4-3
Boys High Jump	5-8	5-4
Girls Long Jump	15-0	14-0
Boys Long Jump	19-5	18-1.5
Girls Shot Put	25-11	23-8
Boys Shot Put	41-6	38-0
Girls Triple Jump	28-6	28-6
Boys Triple Jump	37-11	35-2
Girls Discus	69-10	66-0
Boys Discus	106-4	90-6
Girls Pole Vault	6-0	6-0
Boys Pole Vault	9-0	9-0
Girls 100M Hurdles	20.04	20.79
Boys 110m Hurdles	18.69	20.00
Girls 100M Dash	13.93	14.10
Boys 100M Dash	11.50	12.10
Girls 4x800m Relay	12:00.0	12:40.0
Boys 4x800m Relay	9:28.0	10:28.0
Girls 1600M	5:51.01	5:59.50
Boys 1600M	4:47.00	4:56.23
Girls 4x100m Relay	59.78	1:01.36
Boys 4x100m Relay	49.08	52.55
Girls 400	1:08.25	1:07.25
Boys 400	55.85	55.59
Girls 300mH	57.68	58.60
Boys 300mH	46.50	46.50
Girls 800M	2:41.18	2:41.80
Boys 800M	2:10.71	2:11.50
Girls 200M	28.89	29.20
Boys 200M	23.25	24.02
Girls 3200M	14:01.05	14:05.27
Boys 3200M	11:04.19	11:15.0
Girls 4x400m Relay	4:51.30	5:05.0
Boys 4x400m Relay	3:56.51	4:08.49