

2024 QUALIFYING STANDARDS FOR INDOORS [F]

To compete in the 2024 VISAA Indoor Track & Field Championships all students-athletes will have to have met the 2024 qualifying standard for each event they are entering and it will have been achieved during the 2023-2024 Winter Season. All marks must be indoor performances



	Indoor 2024
Girls High Jump	4-6
Boys High Jump	5-8
Girls Long Jump	13-10
Boys Long Jump	19-1
Girls Shot Put	25-5
Boys Shot Put	34-7
Girls Triple Jump	29-05.0
Boys Triple Jump	36-0
Girls Pole Vault	6-0
Boys Pole Vault	10-0
Girls 55M Hurdles	11.30
Boys 55M Hurdles	9.80
Girls 55M Dash	8.00
Boys 55M Dash	6.95
Girls 4x800m Relay	11:20.00
Boys 4x800m Relay	9:20.00
Girls 1600M	6:03.00
Boys 1600M	5:02.70
Girls 4x200m Relay	1:57.50
Boys 4x200m Relay	1:43.00
Girls 300	47.00
Boys 300	39.00
Girls 500	1:32.70
Boys 500	1:14.30
Girls 1000M	3:37.00
Boys 1000M	2:54.70
Girls 3200M	13:29.00
Boys 3200M	11:02.00
Girls 4x400m Relay	4:31.00
Boys 4x400m Relay	3:52.00