



# VIRGINIA INDEPENDENT SCHOOLS ATHLETIC ASSOCIATION TRACK & FIELD CHAMPIONSHIPS



## 2025 INDOOR QUALIFYING STANDARDS FOR DIVISION I & DIVISION II

To compete in the 2025 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 2024-25 Indoor season.

|                    | DI       | DII      |
|--------------------|----------|----------|
| Girls High Jump    | 4-6      | 4-4      |
| Boys High Jump     | 5-8      | 5-0      |
| Girls Long Jump    | 14-0     | 13-10    |
| Boys Long Jump     | 19-1     | 18-0     |
| Girls Shot Put     | 26-0     | 26-0     |
| Boys Shot Put      | 37-0     | 34-7     |
| Girls Triple Jump  | 29-5     | 29-0     |
| Boys Triple Jump   | 36-0     | 36-0     |
| Girls Pole Vault   | 6-0      | 6-0      |
| Boys Pole Vault    | 10-0     | 9-0      |
| Girls 55M Hurdles  | 11.30    | 11.30    |
| Boys 55M Hurdles   | 9.80     | 9.80     |
| Girls 55M Dash     | 8.00     | 8.10     |
| Boys 55M Dash      | 6.79     | 7.05     |
| Girls 4x800m Relay | 11:20.00 | 11:30.00 |
| Boys 4x800m Relay  | 9:20.00  | 9:35.00  |
| Girls 1600M        | 6:00.00  | 6:08.50  |
| Boys 1600M         | 4:55.00  | 5:02.70  |
| Girls 4x200m Relay | 1:57.50  | 2:03.00  |
| Boys 4x200m Relay  | 1:43.00  | 1:49.50  |
| Girls 300M         | 47.00    | 46.00    |
| Boys 300M          | 38.00    | 40.00    |
| Girls 500M         | 1:30.00  | 1:32.70  |
| Boys 500M          | 1:12.00  | 1:16.00  |
| Girls 1000M        | 3:34.00  | 3:40.00  |
| Boys 1000M         | 2:54.00  | 2:54.70  |
| Girls 3200M        | 13:29.00 | 13:40.00 |
| Boys 3200M         | 10:52.00 | 11:02.00 |
| Girls 4x400m Relay | 4:31.00  | 4:40.00  |
| Boys 4x400m Relay  | 3:49.00  | 3:58.00  |