



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 2025 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	47.00
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