

Michigan High School Athletic Association, Inc.  
East Lansing, Michigan 48823

**--- ADDITIONAL QUALIFYING STANDARDS ---**  
**2017 BOYS AND GIRLS TRACK AND FIELD REGIONAL TRACK MEET**

	DIV. 1		DIV. 2		DIV. 3		DIV. 4	
	B	G	B	G	B	G	B	G
Pole Vault	12'0	9'0	11'6	8'6	10'9	8'0	10'0	7'0
Shot Put	45'5	32'7	44'4	32'0	42'3	30'4	39'4	28'3
High Jump	5'10	4'10	5'9	4'10	5'8	4'7	5'6	4'6
Long Jump	19'11	15'7	19'5	15'0	19'0	14'7	18'2	14'1
Discus	130'0	97'0	127'0	95'6	119'5	88'5	109'9	81'2
3200 M Relay	-	-	-	-	-	-	-	-
110 M 39' HH	16.02	-	16.65	-	17.34	-	18.30	-
100 M 33' H	-	17.0	-	17.40	-	18.39	-	19.03
100 M Dash	11.48	13.25	11.64	13.53	11.88	13.85	12.09	14.10
800 M Relay	-	-	-	-	-	-	-	-
1600 M Run	4:38.00	5:30.00	4:45.50	5:44.00	4:51.64	5:57.70	5:00.93	6:07.75
400 M Relay	-	-	-	-	-	-	-	-
400 M Dash	52.50	1:02.24	53.40	1:04.40	54.14	1:05.54	56.09	1:08.34
300 M I.H.	42.30	-	43.30	-	44.55	-	46.10	-
300 M L.H.	-	50.50	-	51.50	-	53.26	-	55.73
800 M Run	2:02.50	2:29.00	2:05.80	2:33.00	2:08.64	2:39.51	2:14.30	2:43.55
200 M Dash	23.80	27.50	23.90	28.17	24.15	28.74	25.12	29.70
3200 M Run	10:00	11:53.00	10:23.50	12:34.00	10:43.76	12:56.26	11:10.95	13:42.50
1600 M Relay	-	-	-	-	-	-	-	-

All times are FAT

**--- ADDITIONAL QUALIFYING STANDARDS ---  
 2017 BOYS AND GIRLS TRACK AND FIELD FINAL TRACK MEET**

	DIV. 1		DIV. 2		DIV. 3		DIV. 4	
	B	G	B	G	B	G	B	G
Pole Vault	13'0	10'3	12'10	9'0	12'3	9'0	11'6	8'3
Shot Put	49'0	36'2	48'5	35'5	47'7	34'5	44'2	32'1
High Jump	6'3	5'2	6'2	5'2	6'0	4'11	5'11	4'10
Long Jump	21'2	16'9	20'8	16'5	20'2	15'10	19'5	15'4
Discus	145'3	112'6	142'0	108'9	134'9	102'5	125'5	96'3
3200 M Relay	8:07.00	9:44.78	8:21.00	10:06.00	8:29.65	10:21.83	8:45.34	10:38.43
110 M 39' HH	15.04	-	15.50	-	15.90	-	16.6	-
100 M 33' H	-	15.60	-	16.21	-	16.90	-	17.49
100 M Dash	11.15	12.65	11.30	12.90	11.44	13.20	11.59	13.36
800 M Relay	1:30.50	1:45.86	1:32.70	1:49.28	1:34.72	1:51.45	1:36.07	1:54.39
1600 M Run	4:25.00	5:10.00	4:32.50	5:22.70	4:35.52	5:28.00	4:43.80	5:37.50
400 M Relay	43.70	50.54	44.50	51.90	45.44	53.04	46.30	54.37
400 M Dash	50.50	59.25	51.30	1:00.90	52.05	1:02.17	53.04	1:03.46
300 M I.H.	40.14	-	41.00	-	42.32	-	43.00	-
300 M L.H.	-	47.50	-	48.40	-	49.70	-	50.95
800 M Run	1:57.75	2:20.00	2:00.80	2:25.0	2:02.44	2:27.50	2:06.23	2:31.89
200 M Dash	22.60	26.00	22.95	26.79	23.12	27.29	23.82	27.85
3200 M Run	9:37.35	11:14.00	9:59.00	11:47.50	10:07.24	12:05.66	10:30.68	12:38.24
1600 M Relay	3:27.00	4:07.50	3:30.60	4:13.50	3:34.77	4:19.50	3:39.51	4:26.47

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## 2017 STANDARD RAISES FOR REGIONAL HIGH JUMP AND POLE VAULT Lower Peninsula

### HIGH JUMP BOYS AND GIRLS ALL DIVISIONS

<b>BOYS</b>	REGIONAL QUALIFIER	REGIONAL START	1st RAISE	2nd RAISE	3rd RAISE	FINAL QUALIFIER	FINAL START
Div. 1 HJ	5'10	5'8	5'11	6'1	6'3	6'3	6'0
Div. 2 HJ	5'9	5'7	5'10	6'0	6'2	6'2	5'11
Div. 3 HJ	5'8	5'6	5'8	5'10	6'0	6'0	5'9
Div. 4 HJ	5'6	5'4	5'7	5'9	5'11	5'11	5'8
<b>GIRLS</b>							
Div. 1 HJ	4'10	4'8	4'10	5'0	5'2	5'2	4'11
Div. 2 HJ	4'10	4'7	4'10	5'0	5'2	5'2	4'11
Div. 3 HJ	4'7	4'5	4'7	4'9	4'11	4'11	4'8
Div. 4 HJ	4'6	4'3	4'6	4'8	4'10	4'10	4'7

### POLE VAULT – BOYS & GIRLS ALL DIVISIONS

<b>BOYS</b>	REGIONAL QUALIFIER	REGIONAL START	1st RAISE	2nd RAISE	3rd RAISE	4th RAISE	FINAL QUALIFIER	FINAL START
DIV. 1	12'0	11'0	11'6	12'0	12'6	13'0	13'0	12'0
DIV. 2	11'6	10'6	11'2	11'10	12'4	12'10	12'10	11'10
DIV. 3	10'9	10'3	10'9	11'3	11'9	12'3	12'3	11'3
DIV. 4	10'0	9'0	10'0	10'6	11'0	11'6	11'6	10'6
<b>GIRLS</b>								
DIV. 1	9'0	8'3	8'9	9'3	9'9	10'3	10'3	9'3
DIV. 2	8'6	7'6	8'0	8'6	9'0	9'3	9'0	8'0
DIV. 3	8'0	7'6	8'0	8'6	8'9	9'0	9'0	8'0
DIV. 4	7'0	6'6	7'0	7'6	8'0	8'3	8'3	7'9

\* FINAL QUALIFIER RAISE

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**2017 STANDARD RAISES FOR FINALS HIGH JUMP AND POLE VAULT**  
Lower Peninsula

**HIGH JUMP BOYS AND GIRLS ALL DIVISIONS**

<b>BOYS</b>	<b>FINAL QUALIFIER</b>	<b>FINAL START</b>	<b>1st RAISE</b>	<b>2<sup>nd</sup> RAISE</b>	<b>3rd RAISE</b>
Div. 1 HJ	6'3	6'0	6'3	6'5	6'7
Div. 2 HJ	6'2	5'11	6'2	6'4	6'6
Div. 3 HJ	6'0	5'9	5'11	6'1	6'3
Div. 4 HJ	5'11	5'8	5'11	6'1	6'3
<b>GIRLS</b>					
Div. 1 HJ	5'2	4'11	5'2	5'4	5'6
Div. 2 HJ	5'2	4'11	5'2	5'4	5'6
Div. 3 HJ	4'11	4'8	4'10	5'0	5'2
Div. 4 HJ	4'10	4'7	4'10	5'0	5'2

**NOTE: FINALS USE RAISE CHART UNTIL 9 JUMPERS REMAIN.**

**POLE VAULT – BOYS & GIRLS ALL DIVISIONS**

<b>BOYS</b>	<b>FINAL QUALIFIER</b>	<b>FINAL START</b>	<b>1st RAISE</b>	<b>2nd RAISE</b>	<b>3rd RAISE</b>
DIV. 1	13'0	12'0	12'6	13'0	13'6
DIV. 2	12'10	11'10	12'4	12'10	13'4
DIV. 3	12'3	11'3	11'9	12'3	12'9
DIV. 4	11'6	10'6	11'0	11'6	12'0
<b>GIRLS</b>					
DIV. 1	10'3	9'3	9'9	10'3	10'9
DIV. 2	9'0	8'6	9'0	9'6	10'0
DIV. 3	9'0	8'0	8'6	9'0	9'6
DIV. 4	8'3	7'9	8'3	8'9	9'3

**NOTE: FINALS USE RAISE CHART UNTIL 9 VAULTERS REMAIN.**