



2025-2026 MINNESOTA STATE HIGH SCHOOL LEAGUE

2026 State Track and Field Standards

Girls A	
Event	2026 Standard
100m	0:12.67
200m	0:26.13
400m	0:59.71
800m	2:22.23
1600m	5:19.57
3200m	11:36.57
100m H	0:15.89
300m H	0:47.06
4x100m	0:50.63
4x200m	1:47.07
4x400m	4:08.47
4x800m	9:57.47
HJ	5'1"
PV	10'2"
LJ	17'0"
TJ	35'2"
SP	36'7"
DT	115'1"

Girls AA	
Event	2026 Standard
100m	0:12.52
200m	0:25.85
400m	0:59.65
800m	2:18.71
1600m	5:09.80
3200m	11:20.98
100m H	0:15.80
300m H	0:46.76
4x100m	0:49.76
4x200m	1:45.08
4x400m	4:03.78
4x800m	9:47.23
HJ	5'2"
PV	10'2"
LJ	16'6"
TJ	35'6"
SP	36'1"
DT	110'2"

Girls AAA	
Event	2026 Standard
100m	0:12.45
200m	0:25.72
400m	0:58.36
800m	2:14.93
1600m	5:02.54
3200m	10:59.93
100m H	0:15.49
300m H	0:46.74
4x100m	0:49.28
4x200m	1:43.37
4x400m	4:00.60
4x800m	9:37.98
HJ	5'2"
PV	10'10"
LJ	17'4"
TJ	36'0"
SP	37'11"
DT	119'5"

Boys A	
Event	2026 Standard
100m	0:11.29
200m	0:22.72
400m	0:51.01
800m	1:59.75
1600m	4:28.78
3200m	9:51.71
110m H	0:15.45
300m H	0:40.90
4x100m	0:44.30
4x200m	1:32.05
4x400m	3:31.52
4x800m	8:16.14
HJ	6'2"
PV	12'10"
LJ	20'11"
TJ	42'9"
SP	49'4"
DT	145'3"

Boys AA	
Event	2026 Standard
100m	0:11.02
200m	0:22.59
400m	0:50.97
800m	1:57.74
1600m	4:22.15
3200m	9:36.64
110m H	0:15.16
300m H	0:40.27
4x100m	0:43.23
4x200m	1:30.11
4x400m	3:27.87
4x800m	8:12.67
HJ	6'2"
PV	13'1"
LJ	21'0"
TJ	42'10"
SP	50'2"
DT	150'5"

Boys AAA	
Event	2026 Standard
100m	0:11.04
200m	0:22.29
400m	0:50.01
800m	1:56.12
1600m	4:22.40
3200m	9:24.82
110m H	0:15.01
300m H	0:40.25
4x100m	0:42.69
4x200m	1:29.15
4x400m	3:24.57
4x800m	8:07.59
HJ	6'2"
PV	13'4"
LJ	21'6"
TJ	43'9"
SP	50'9"
DT	149'9"