

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

**--- ADDITIONAL QUALIFYING STANDARDS ---**  
**2021-22 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	12'3	9'0	11'6	8'3	11'0	7'6	9'6	7'0
Shot Put	44'0	32'7	42'6	31'0	41'6	30'1	38'0	28'3
High Jump	5'10	4'10	5'9	4'8	5'8	4'8	5'6	4'5
Long Jump	19'11	15'7	19'5	15'0	18'8	14'4	18'1	13'09
Discus	129'0	98'0	120'06	92'0	117'6	87'8	107'0	80'0
3200 M Relay								
110 M 39' HH	16.00		16.90		17.80		19.00	
100 M 33' H		17.00		18.0		18.50		19.80
100 M Dash	11.50	13.20	11.70	13.50	12.0	13.80	12.20	14.10
800 M Relay								
1600 M Run	4:38.00	5:33.00	4:47.00	5:45.00	4:56.00	6:05.00	5:06.00	6:15.00
400 M Relay								
400 M Dash	52.40	1:02.30	53.80	1:04.50	54.80	1:06.50	56.00	1:09.00
300 M I.H.	42.30		44.00		45.20		46.50	
300 M L.H.		50.30		52.10		54.80		56.60
800 M Run	2:02.00	2:27.00	2:07.00	2:35.00	2:10.00	2:40.00	2:15.00	2:48.00
200 M Dash	23.40	27.40	24.0	28.30	24.5	28.8	25.0	29.7
3200 M Run	10:00.00	12:05.00	10:30.00	12:35.00	10:55.00	13:00.00	11:20.00	14:00.00
1600 M Relay								

**ALL TIMES ARE FAT**

**--- ADDITIONAL QUALIFYING STANDARDS ---**  
**2021-22 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	13'3	10'3	12'8	9'3	12'0	8'9	11'3	8'3
Shot Put	48'6	36'6	48'0	36'0	46'0	34'4	43'0	31'6
High Jump	6'3	5'2	6'2	5'2	6'0	5'0	5'11	4'10
Long Jump	21'2	16'9	20'8	16'4	20'4	15'9	19'8	15'2
Discus	145'3	114'0	140'0	108'6	133'5	102'0	123'0	97'0
3200 M Relay	8:08.00	9:45.00	8:21.00	10:05.00	8:35.00	10:22.00	8:45.00	10:45.00
110 M 39' HH	15.20		15.50		16.20		16.70	
100 M 33' H		15.60		16.30		17.00		17.60
100 M Dash	11.15	12.65	11.35	13.0	11.40	13.20	11.65	13.45
800 M Relay	1:30.70	1:46.60	1:32.80	1:49.50	1:34.70	1:51.70	1:36.70	1:55.00
1600 M Run	4:25.00	5:11.00	4:30.00	5:20.00	4:36.00	5:28.00	4:46.00	5:44.00
400 M Relay	43.70	50.55	44.70	51.80	45.80	53.00	46.50	54.80
400 M Dash	50.40	59.30	51.30	1:01.10	52.20	1:02.60	53.50	1:04.30
300 M I.H.	40.20		42.00		42.60		43.40	
300 M L.H.		47.00		49.00		49.70		51.50
800 M Run	1:58.00	2:19.50	2:00.50	2:25.00	2:03.00	2:28.00	2:06.70	2:34.00
200 M Dash	22.50	26.00	23.20	26.75	23.40	27.30	23.70	28.00
3200 M Run	9:36.00	11:20.00	9:55.00	11:43.50	10:10.00	12:05.00	10:35.00	12:47.00
1600 M Relay	3:27.00	4:07.50	3:31.30	4:16.00	3:36.00	4:20.50	3:40.00	4:30.00

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**2021-22 STANDARD RAISES FOR REGIONAL HIGH JUMP AND POLE VAULT**  
Lower Peninsula

**HIGH JUMP BOYS AND GIRLS ALL DIVISIONS**

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

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

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

\* FINAL QUALIFIER RAISE

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**2021-22 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	5' 0	4' 9	4' 11	5' 1	5' 3
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' 3	12' 3	13' 0	13' 6	14' 0
DIV. 2	12' 8	11' 8	12' 4	12' 10	13' 4
DIV. 3	12' 0	11' 0	11' 9	12' 3	12' 9
DIV. 4	11' 3	10' 3	11' 0	11' 6	12' 0
<b>GIRLS</b>					
DIV. 1	10' 3	9' 3	9' 9	10' 3	10' 9
DIV. 2	9' 3	8' 9	9' 3	9' 9	10' 3
DIV. 3	8' 9	7' 9	8' 6	9' 0	9' 6
DIV. 4	8' 3	7' 3	8' 0	8' 6	9' 0

NOTE: FINALS USE RAISE CHART UNTIL 9 VAULTERS REMAIN.

**ALL TIMES FAT**