

QUALIFYING STANDARDS
FOR
MICHIGAN LUTHERAN STATE TRACK MEET

REVISED FOR 2026

<u>EVENT</u>	<u>CLASS</u>	<u>GIRLS</u>	<u>BOYS</u>
100	A	14.50	13.10
	B	15.40	15.00
200	A	30.00	26.80
	B	32.10	30.50
400	A	1:09.50	1:01.00
	B	1:14.60	1:10.40
800	A	2:56.30	2:30.30
	B	3:00.30	2:48.30
1600	A	6:29.30	5:35.30
	B	6:39.30	6:03.30
400 RELAY	A	1:00.60	55.40
	B	1:05.20	1:03.90
800 RELAY	A	2:08.50	1:55.90
	B	2:19.00	2:13.90
1600 RELAY	A	5:09.30	4:34.30
	B	5:46.30	5:24.30
HIGH JUMP	A	4' 4"	4' 10"
	B	3' 10"	4' 2"
LONG JUMP	A	13' 3"	15' 10"
	B	11' 11"	12' 11"
SHOT PUT	A	29' 6"	34' 10"
	B	24' 1"	24' 7"

THE TOP 4 FINISHERS (THE TOP 5 IN THE 100, 200, 400, LONG JUMP, AND SHOT PUT ... THE TOP 3 IN THE 1600 RELAY) IN EACH REGION AUTOMATICALLY QUALIFY FOR THE STATE TRACK MEET. ANY OTHER ATHLETES WHO MEET THE ABOVE STANDARDS AT THE REGIONAL MEET ALSO QUALIFY FOR THE STATE MEET. THESE STANDARDS WERE COMPILED BY USING THE AVERAGE 8TH PLACE FINISHES AT THE PAST 6 STATE TRACK MEETS.

THIS QUALIFICATION TABLE IS ONLY TO BE USED FOR ADDITIONAL QUALIFIERS FOR THE 2026 STATE TRACK MEET. ALL PREVIOUS STANDARDS SHOULD BE DISREGARDED.

Rec-qua 6 / 7 / 25

These times are to be used for FAT systems only ... all hand-held timing would be 0.3 seconds faster.

EARLY QUALIFYING STANDARDS
FOR THE
MICHIGAN LUTHERAN STATE TRACK MEET

2026

<u>EVENT</u>	<u>CLASS</u>	<u>GIRLS</u>	<u>BOYS</u>
100	A	14.30	13.00
	B	15.10	14.60
200	A	29.60	26.30
	B	31.40	29.70
400	A	1:07.60	59.50
	B	1:13.10	1:07.60
800	A	2:48.00	2:26.00
	B	2:55.00	2:44.00
1600	A	6:18.00	5:24.00
	B	6:30.00	5:52.00
400 RELAY	A	NONE	NONE
	B	NONE	NONE
800 RELAY	A	NONE	NONE
	B	NONE	NONE
1600 RELAY	A	NONE	NONE
	B	NONE	NONE
HIGH JUMP	A	4' 6"	5' 1"
	B	4' 1"	4' 4"
LONG JUMP	A	13' 9"	16' 6"
	B	12' 5"	13' 8"
SHOT PUT	A	31' 4"	37' 11"
	B	25' 2"	26' 4"

ANY ATHLETE WHO MEETS THE ABOVE STANDARDS AT A FAT MEET IS AN EARLY QUALIFIER FOR THE STATE MEET ONLY IF THEY ARE UNABLE TO COMPETE AT THE REGIONAL MEET. THE COACH MUST NOTIFY THE REGIONAL DIRECTOR TO RECEIVE PERMISSION. IF PERMISSION IS GRANTED, THE COACH WILL FILL OUT A FORM TO BE SUBMITTED TO THE TIMING COMPANY. THESE MARKS WILL BE USED FOR STATE MEET SEEDINGS. THE ATHLETE MUST ALSO HAVE ATTENDED A MAJORITY OF THE TEAM PRACTICES AND MEETS UNLESS THERE ARE EXTENUATING CIRCUMSTANCES. RELAYS ARE NOT ELIGIBLE FOR EARLY QUALIFICATION. THESE STANDARDS WERE COMPILED BY USING THE AVERAGE 5TH PLACE FINISHES AT THE PAST 6 STATE TRACK MEETS.

These times are to be used for FAT systems only ... NO HAND-HELD TIMES ARE ALLOWED.