

## 2026 Honor Roll Standards

Event	Girls Class A	Boys Class A	Girls Class AA	Boys Class AA	Girls Class AAA	Boy Class AAA
100m dash	13.0	11.4	12.9	11.3	12.6	11.1
200m dash	26.8	23.1	26.7	22.9	26.0	22.6
400m dash	61.7	52.4	61.1	51.0	59.6	50.9
800m dash	2:28	2:04	2:25	2:02	2:22	2:00
1600m run	5:33	4:42	5:26	4:36	5:19	4:29
3200m run	12:20	10:21	11:51	10:02	11:33	9:47
High hurdles	17.1	16.7	16.8	16.3	16.6	15.8
300m hurdles	49.9	43.6	49.1	42.4	48.8	41.3
4X1 relay	52.3	45.6	52.1	45.0	51.4	44.2
4X2 relay	1:51.8	1:35.4	1:51.1	1:35.3	1:50.1	1:33.4
4X4 relay	4:21	3:39	4:17	3:38	4:18	3:34
4X8 relay	10:38	8:54	10:35	8:55	10:35	8:43
Long Jump	16-4	20-3	16-6	20-10	16-10	20-11
Triple Jump	33-4	40-7	34-5	41-7	34-9	42-10
Shot put	33-4	45-8	33-2	45-4	34-10	48-9
Discus	106-7	136-10	102-10	132-4	109-5	146-10
High Jump	5-0	6-0	5-0	6-0	5-0	6-1
Pole Vault	8-8	11-6	9-0	11-6	9-6	12-0