

WIAA / WEST CENTRAL DISTRICT III **4A** TRACK & FIELD
2024 AUTOMATIC QUALIFYING STANDARDS
 Submitted to WCD III by Dwayne Johnson.

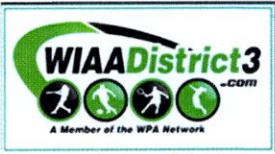
- A] The standard must be met in the finals of the event in the sub-district meet;
- B] 4A standard is the average of the marks for the 4A District 4th place qualifier to Star Track from the WCD III meet over the last five (5) years (2017-2023)
- C] All times in the track events must be FAT; if FAT fails no entries beyond allocation are allowed;
- E] And the terms ‘finals’ and ‘FAT’ will be used as defined in the Federation and WIAA rule books.

BOYS

4th Place Best time / vs Finals WCD III T&F 4A

| Boys | Avg. | 2019 | 2018 | 2017 | 2023 | 2022 |
|-------------|------------------|----------|----------|----------|-----------|-----------|
| 100m | 11.06 | 11.07 | 11.01 | 11.02 | 11.03 | 10.98 |
| 200m | 22.24 | 22.12 | 22.29 | 22.07 | 22.76 | 22.28 |
| 400m | 50.35 | 50.59 | 50.28 | 50.03 | 51.70 | 50.77 |
| 800m | 1.55.60 | 1.56.79 | 1.56.18 | 1.53.94 | 1.57.60 | 1.55.46 |
| 1600m | 4.20.86 | 4.20.71 | 4.20.08 | 4.22.14 | 4.21.87 | 4.19.87 |
| 3200m | 9.25.12 | 9.27.98 | 9.23.27 | 9.29.56 | 9.43.09 | 9.20.97 |
| 110HH | 15.19 | 15.01 | 15.06 | 15.35 | 15.11 | 15.45 |
| 300IH | 39.80 | 39.39 | 39.28 | 39.62 | 40.42 | 41.07 |
| 4X100R | 43.16 | 45.45 | 42.71 | 42.84 | 43.34 | 43.92 |
| 4X400R | 3.26.37 | 3.27.55 | 3.25.69 | 3.26.67 | 3.28.51 | 3.28.59 |
| Long Jump | 21'07.25" | 21.07.25 | 22.01.50 | 21.11.50 | 22-04.50 | 22'02.50" |
| Triple Jump | 44'07.25" | 44.06.25 | 45.11 | 44.07.00 | 44'02.50" | 43'06.25" |
| High Jump | 6'01.00" | 6-02.00 | 6-02.00 | 6-02.00 | 6'02" | 6'00" |
| Pole Vault | 13'02.00" | 14-00.00 | 13-06.00 | 13-06.00 | 13-06.00 | 12'06" |
| Shot Put | 50'05.25" | 49-04.75 | 48-05.75 | 50.03.50 | 48'03.25" | 48'00.00" |
| Discus | 144'07" | 146-00 | 140-11 | 147-00 | 142-00 | 139'11" |
| Javelin | 170'09" | 175-04 | 173-10 | 171-06 | 154-05 | 161'07" |

*Average of past (5 yrs.) 4A WCD III 4th place



WIAA / WEST CENTRAL DISTRICT III **4A** TRACK & FIELD
 2024 **AUTOMATIC** QUALIFYING STANDARDS
 Submitted to WCD III by Dwayne Johnson.

- A] The standard must be met in the finals of the event in the sub-district meet;
- B] 4A standard is the average of the marks for the 4A District 4th place qualifier to Star Track from the WCD III meet over the last five (5) years (2017-2023)
- C] All times in the track events must be FAT; if FAT fails no entries beyond allocation are allowed;
- E] And the terms ‘finals’ and ‘FAT’ will be used as defined in the Federation and WIAA rule books.

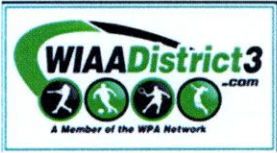
GIRLS

| Girls | Avg. | 2019 | 2018 | 2017 | 2023 | 2022 |
|-------------|------------------|----------|----------|----------|-----------|-----------|
| 100m | 12.37 | 12.34 | 12.23 | 12.17 | 12.63 | 12.49 |
| 200m | 25.26 | 24.88 | 24.82 | 24.90 | 25.96 | 25.73 |
| 400m | 59.19 | 58.77 | 58.79 | 59.38 | 59.60 | 59.39 |
| 800m | 2.16.34 | 2.16.83 | 2.16.06 | 2.17.54 | 2.14.94 | 2.17.34 |
| 1600m | 5.04.65 | 5.08.04 | 5.03.51 | 5.04.53 | 5.05.01 | 5.02.16 |
| 3200m | 11.11.51 | 11.10.24 | 11.09.48 | 11.24.65 | 11.11.65 | 11.01.51 |
| 100HH | 15.39 | 14.96 | 14.87 | 14.99 | 16.01 | 16.13 |
| 300IH | 46.16 | 45.57 | 45.52 | 45.30 | 47.39 | 47.05 |
| 4X100R | 49.55 | 49.51 | 49.43 | 48.92 | 49.73 | 50.18 |
| 4X200R | 1.45.22 | 1.44.07 | 1.44.63 | 1.44.10 | 1.46.66 | 1.46.64 |
| 4X400R | 4.02.23 | 4.01.90 | 4.01.90 | 3.57.42 | 4.06.88 | 4.03.04 |
| Long Jump | 17'07.75" | 17.05.50 | 17-10.25 | 17-11.25 | 17'01.50" | 17'10.50" |
| Triple Jump | 36'09.00" | 35-06.00 | 37-01.50 | 39-01.50 | 35'07.75" | 36'05.25" |
| High Jump | 5'02" | 5'00" | 5'04" | 5'03" | 5'02" | 5'02" |
| Pole Vault | 9'09" | 9'06" | 9'06" | 9'09.00 | 10'06" | 9'09" |
| Shot Put | 37'04.50" | 38.01.50 | 39-09.50 | 38-02.00 | 35'06.25" | 35'03.25" |
| Discus | 118'04" | 121-00 | 122-10 | 120-11 | 110-04 | 116'11" |
| Javelin | 115'02" | 112-07 | 117-01 | 119-05 | 110-00 | 116'10" |

*Average of past (5 yrs.) 4A WCD III 4th place

1st reading June 5, 2023

Approved WCD III Board September 2023



WIAA / WEST CENTRAL DISTRICT III **3A** TRACK & FIELD
 2024 **AUTOMATIC** QUALIFYING STANDARDS
 Submitted WCD III by Dwayne Johnson.

- A] The standard must be met in the finals of the event in the sub-district meet;
- B] 3A standard is the average of the marks for the 3A District 4th place qualifier to Star Track from the WCD III meet over the last five (5) years (2017-2023)
- C] All times in the track events must be FAT; if FAT fails no entries beyond allocation are allowed;
- E] And the terms ‘finals’ and ‘FAT’ will be used as defined in the Federation and WIAA rule books.

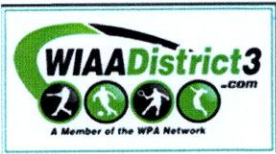
BOYS

| Boys | Avg. | 2019 | 2018 | 2017 | 2023 | 2022 |
|-------------|------------------|----------|----------|----------|----------|-----------|
| 100m | 11.04 | 11.12 | 11.14 | 10.82 | 11.17 | 10.96 |
| 200m | 22.53 | 22.86 | 22.26 | 22.40 | 22.50 | 22.62 |
| 400m | 50.99 | 52.04 | 51.09 | 50.00 | 50.48 | 51.32 |
| 800m | 1.58.71 | 1.57.98 | 1.58.73 | 1.59.16 | 1.59.26 | 1.58.40 |
| 1600m | 4.22.58 | 4.24.96 | 4.26.27 | 4.26.55 | 4.15.78 | 4.19.34 |
| 3200m | 9.35.96 | 9.45.81 | 9.39.30 | 9.47.07 | 9.26.26 | 9.21.36 |
| 110HH | 15.15 | 14.78 | 15.03 | 15.24 | 15.13 | 15.57 |
| 300IH | 40.56 | 40.13 | 40.18 | 39.38 | 40.89 | 42.23 |
| 4X100R | 43.16 | 42.65 | 43.38 | 43.24 | 43.12 | 43.41 |
| 4X400R | 3.28.92 | 3.29.44 | 3.29.11 | 3.26.49 | 3.31.45 | 3.28.11 |
| Long Jump | 21'05.25" | 20.11.25 | 21.00.00 | 21.05.75 | 21'08.25 | 21.01.25 |
| Triple Jump | 43'06.50" | 43.05.50 | 43.05.75 | 44-08-75 | 43'04.00 | 42'08.75" |
| High Jump | 6'00" | 6.00.00 | 6.02.00 | 6-00.00 | 6'00" | 6'00" |
| Pole Vault | 12'07" | 13.00.00 | 13.00.00 | 12-06.00 | 12'00" | 12'09" |
| Shot Put | 49'00.00" | 50.01.00 | 50.01.00 | 52-10.00 | 47-10.75 | 46'02.75" |
| Discus | 143'09" | 147-05 | 143.08 | 152-10 | 140-11 | 134'02" |
| Javelin | 162'00" | 155.07 | 163.07 | 164-10 | 163-03 | 162'10" |

*Average of past (5 yrs.) 3A WCD III 4th place

1st reading June 5, 2023

Approved WCD III Board September 2023



**WIAA / WEST CENTRAL DISTRICT III 3A TRACK & FIELD
2024 AUTOMATIC QUALIFYING STANDARDS**
Submitted WCD III by Dwayne Johnson.

- A] The standard must be met in the finals of the event in the sub-district meet;
- B] 3A standard is the average of the marks for the 3A District 4th place qualifier to Star Track from the WCD III meet over the last five (5) years (2017-2023)
- C] All times in the track events must be FAT; if FAT fails no entries beyond allocation are allowed;
- E] And the terms 'finals' and 'FAT' will be used as defined in the Federation and WIAA rule books.

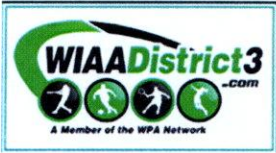
GIRLS

| Girls | Avg. | 2019 | 2018 | 2017 | 2023 | 2022 |
|-------------|------------------|----------|----------|----------|-----------|-----------|
| 100m | 12.60 | 12.74 | 12.60 | 12.50 | 12.64 | 12.50 |
| 200m | 25.96 | 26.00 | 25.94 | 25.51 | 26.19 | 26.15 |
| 400m | 61.00 | 61.75 | 59.62 | 61.18 | 60.91 | 61.55 |
| 800m | 2.21.07 | 2.24.23 | 2.21.06 | 2.22.96 | 2.17.28 | 2.19.82 |
| 1600m | 5.08.53 | 5.09.47 | 5.08.69 | 5.16.28 | 5.02.29 | 5.05.94 |
| 3200m | 11.16.83 | 11.29.08 | 11.11.81 | 11.27.98 | 11.00.42 | 11.14.87 |
| 100HH | 16.24 | 16.56 | 16.24 | 15.83 | 16.59 | 15.96 |
| 300IH | 47.10 | 47.22 | 46.92 | 47.40 | 46.39 | 47.56 |
| 4X100R | 50.50 | 50.89 | 49.96 | 50.65 | 50.53 | 50.48 |
| 4X200R | 1.47.42 | 1.49.92 | 1.45.63 | 1.46.67 | 1.47.32 | 1.47.54 |
| 4X400R | 4.10.61 | 4.14.29 | 4.08.62 | 4.06.60 | 4.13.11 | 4.10.45 |
| Long Jump | 16'10.00" | 16.09.00 | 17.01.75 | 16-10.75 | 16'04.05" | 17"03.00" |
| Triple Jump | 34'10.00" | 33.05.75 | 34.05.75 | 34-09.75 | 35'09.75" | 35'01.00" |
| High Jump | 5'00" | 5'02" | 4'10" | 5'00" | 5'00" | 5'02" |
| Pole Vault | 10'01" | 9-06.00 | 9-00.00 | 9-06.00 | 11-06.00 | 11'00" |
| Shot Put | 37'09.75" | 40-00.50 | 39-08.75 | 37-06.50 | 35-09.50 | 36'00.00" |
| Discus | 111'09" | 114-06 | 114-06 | 120-03 | 103-05 | 106'02" |
| Javelin | 111'06" | 111-01 | 105-04 | 110-11 | 115-04 | 114'10" |

***Average of past (5 yrs.) 3A WCD III 4th place**

1st reading June 5, 2023

Approved WCD III Board September 2023



WIAA / WEST CENTRAL DISTRICT III 2A TRACK & FIELD
 2024 AUTOMATIC QUALIFYING STANDARDS
 Submitted WCD III T&F Commissioner: Dwayne Johnson

- A] The standard must be met in the finals of the event in the sub-district meet;
- B] 2A standard is the average of the marks for the 2A District 4th place qualifier to Star Track from the WCD III meet over the last five (5) years (2017-2023)
- C] All times in the track events must be FAT; if FAT fails no entries beyond allocation are allowed;
- E] And the terms ‘finals’ and ‘FAT’ will be used as defined in the Federation and WIAA rule books.

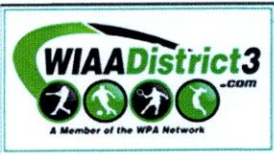
BOYS

| Boys | Avg. | 2019 | 2018 | 2017 | 2023 | 2022 |
|-------------|------------------|-----------|-----------|-----------|-----------|-----------|
| 100m | 11.14 | 11.05 | 11.12 | 11.20 | 11.18 | 11.15 |
| 200m | 22.76 | 22.72 | 22.56 | 23.12 | 22.61 | 22.81 |
| 400m | 51.26 | 51.12 | 51.04 | 51.07 | 51.20 | 51.88 |
| 800m | 2.00.92 | 2.00.27 | 2.02.30 | 2.01.03 | 1.59.21 | 1.59.78 |
| 1600m | 4.30.59 | 4.31.89 | 4.31.76 | 4.35.60 | 4.27.75 | 4.25.95 |
| 3200m | 9.54.70 | 9.44.55 | 9.59.02 | 10.23.92 | 9.46.15 | 9.40.56 |
| 110HH | 16.02 | 15.77 | 15.77 | 15.48 | 16.19 | 16.90 |
| 300IH | 41.92 | 41.87 | 41.44 | 42.16 | 42.99 | 41.13 |
| 4X100R | 44.22 | 44.31 | 43.82 | 44.19 | 44.46 | 44.33 |
| 4X400R | 3.33.45 | 3.30.98 | 3.31.54 | 3.32.11 | 3.33.24 | 3.33.70 |
| Long Jump | 20'06.25" | 20'07.00" | 20'04.50" | 20'10.25" | 20'05.00" | 20'04.50" |
| Triple Jump | 41'02.75" | 41'06.00" | 41'07.75" | 42'11.50" | 40'11.00" | 39'01.50" |
| High Jump | 5'10" | 5'10" | 5'08" | 6'00" | 5'10" | 5'10" |
| Pole Vault | 11'09" | 12'06" | 12'00" | 13'00" | 10'06" | 11'00" |
| Shot Put | 45'05.25" | 47'11.00" | 46'10.5" | 46'07.50" | 45'04.50" | 40'05.00" |
| Discus | 130'06" | 134'07" | 132'06" | 125'09" | 136'04" | 123'07" |
| Javelin | 147'09" | 154'02" | 149'05" | 160'03" | 144' | 144'03" |

*Average of past (5 yrs.) 2A WCD III 4th place

First Reading June 5, 2023

Approved WCD III Board September 2023



WIAA / WEST CENTRAL DISTRICT III 2A TRACK & FIELD
2024 AUTOMATIC QUALIFYING STANDARDS
 Submitted WCD III T&F Commissioner: Dwayne Johnson

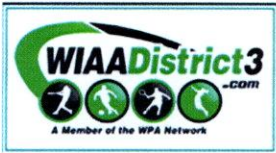
- A] The standard must be met in the finals of the event in the sub-district meet;
- B] 2A standard is the average of the marks for the 2A District 4th place qualifier to Star Track from the WCD III meet over the last five (5) years (2017-2023)
- C] All times in the track events must be FAT; if FAT fails no entries beyond allocation are allowed;
- E] And the terms ‘finals’ and ‘FAT’ will be used as defined in the Federation and WIAA rule books.

GIRLS

| Girls | Avg. | 2019 | 2018 | 2017 | 2023 | 2022 |
|-------------|-----------|-----------|-----------|-----------|-----------|-----------|
| 100m | 12.61 | 12.39 | 12.39 | 12.40 | 12.88 | 12.99 |
| 200m | 26.07 | 26.22 | 25.31 | 25.75 | 26.31 | 26.76 |
| 400m | 1.00.89 | 1.00.56 | 59.86 | 61.29 | 61.13 | 61.63 |
| 800m | 2.27.06 | 2.26.12 | 2.29.40 | 2.26.10 | 2.29.35 | 2.24.33 |
| 1600m | 5.19.37 | 5.13.54 | 5.11.46 | 5.24.82 | 5.26.62 | 5.20.42 |
| 3200m | 12.05.14 | 12.09.49 | 11.32.50 | 12.13.96 | 12.08.62 | 12.21.12 |
| 100HH | 16.32 | 15.51 | 16.24 | 16.30 | 16.53 | 17.04 |
| 300IH | 48.80 | 47.81 | 47.63 | 49.18 | 49.83 | 49.56 |
| 4X100R | 51.37 | 51.15 | 50.64 | 51.31 | 51.37 | 52.39 |
| 4X200R | 1.49.71 | 1.48.62 | 1.48.69 | 1.49.89 | 1.49.48 | 1.51.89 |
| 4X400R | 4.15.89 | 4.08.73 | 4.11.80 | 4.18.47 | 4.21.13 | 4.19.32 |
| Long Jump | 16'00.75" | 16'10.25" | 16'01.75" | 16'09.50" | 16'04.50" | 14:10.25" |
| Triple Jump | 33'00.50" | 34'07.00" | 34'05.50" | 33'05.50" | 32'05.25" | 30'1.25" |
| High Jump | 4'10.00" | 4'10" | 4'10" | 4'10" | 4'08" | 4'10" |
| Pole Vault | 8'08" | 8'06" | 9'09" | 9'00" | 8'00" | 7'00" |
| Shot Put | 33'08.00" | 33'10.00" | 33'06.25" | 32'07.50" | 35'05.50" | 32'04.00" |
| Discus | 103'00" | 107'04" | 109'01" | 101'08" | 105'10" | 94'11" |
| Javelin | 105'11" | 111'05" | 108'09" | 108'08" | 101'00" | 103'05" |

*Average of past (5 yrs.) 2A WCD III 4th place

First Reading June 5, 2023
 Approved WCD III Board September 2023



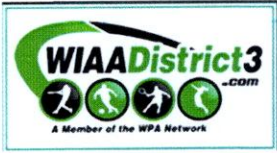
WIAA / WEST CENTRAL DISTRICT III 1A TRACK & FIELD
2024 AUTOMATIC QUALIFYING STANDARDS
 Submitted by Dwayne Johnson T&F WCD III Commissioner

- A] The standard must be met in the finals of the event in the sub-district meet;
- B] 1A standard is the average of the marks for the 2nd place from WCD III meet.
- C] All times in the track events must be FAT; if FAT fails no entries beyond allocation are allowed;
- D] And the terms ‘finals’ and ‘FAT’ will be used as defined in the Federation and WIAA rule books.

BOYS

| Boys | Avg. | 2019 | 2018 | 2017 | 2023 | 2022 |
|-------------|-----------|----------|----------|----------|----------|----------|
| 100m | 11.36 | 11.19 | 11.25 | 11.33 | 11.46 | 11.55 |
| 200m | 23.13 | 23.51 | 22.71 | 22.96 | 22.71 | 23.75 |
| 400m | 52.06 | 52.86 | 51.40 | 52.05 | 50.81 | 53.20 |
| 800m | 2.04.59 | 2.01.75 | 2.03.98 | 2.08.87 | 2.03.45 | 2.04.90 |
| 1600m | 4.38.48 | 4.33.44 | 4.41.32 | 4.36.25 | 4.33.88 | 4.47.49 |
| 3200m | 10.07.25 | 10.08.21 | 10.05.29 | 10.28.27 | 9.52.79 | 10.01.69 |
| 110HH | 17.75 | 17.40 | 16.77 | 16.64 | 20.42 | 17.54 |
| 300IH | 43.87 | 44.19 | 43.22 | 42.02 | 46.81 | 43.11 |
| 4X100R | 45.53 | 45.06 | 45.45 | 44.43 | 45.89 | 46.84 |
| 4X400R | 3.37.27 | 3.34.14 | 3.36.40 | 3.35.43 | 3.41.51 | 3.38.89 |
| Long Jump | 19'00.50" | 20-03.00 | 19-01.25 | 20-02.50 | 19-02.75 | 16-06.50 |
| Triple Jump | 39'01.25" | 37-07.50 | 38-10.00 | 43-10.00 | 38-05.00 | 36-10.25 |
| High Jump | 5'07.00" | 5-08.00 | 5-08.00 | 5-08.00 | 5-08.00 | 5-06.00 |
| Pole Vault | 11'04.00" | 12-0.00 | 12-00.00 | 11-06.00 | 11-00.00 | 10.06.00 |
| Shot Put | 41'03.25" | 36-07.00 | 41-04.50 | 44-01.00 | 42-04.50 | 41-10.75 |
| Discus | 125'09" | 118-02 | 122-00 | 126-00 | 139-02 | 123-06 |
| Javelin | 145'04" | 136-03 | 142-03 | 154-02 | 154-03 | 139-11 |

***Average of past 5 years @ WCD III 2nd Place**
 First Reading: June 05, 2023, approved WCDIII September meeting 2023



**WIAA / WEST CENTRAL DISTRICT III 1A TRACK & FIELD
2024 AUTOMATIC QUALIFYING STANDARDS**
Submitted by Dwayne Johnson T&F WCD III Commissioner

- A] The standard must be met in the finals of the event in the sub-district meet;
- B] 1A standard is the average of the marks for the 2nd place from WCD III meet.
- C] All times in the track events must be FAT; if FAT fails no entries beyond allocation are allowed;
- D] And the terms ‘finals’ and ‘FAT’ will be used as defined in the Federation and WIAA rule books.

GIRLS

| Girls | Avg. | 2019 | 2018 | 2017 | 2023 | 2022 |
|-------------|------------------|----------|----------|----------|----------|----------|
| 100m | 12.85 | 12.71 | 12.65 | 12.58 | 13.01 | 13.31 |
| 200m | 26.40 | 26.93 | 26.20 | 25.70 | 26.59 | 26.59 |
| 400m | 1.02.33 | 1.02.42 | 1.00.79 | 1.01.18 | 63.10 | 1.04.17 |
| 800m | 2.26.33 | 2.25.49 | 2.23.56 | 2.29.80 | 2.26.48 | 2.26.31 |
| 1600m | 5.21.65 | 5.18.27 | 5.22.52 | 5.32.25 | 5.13.48 | 5.21.71 |
| 3200m | 12.04.66 | 12.06.14 | 12.22.24 | 12.17.30 | 11.51.19 | 11.46.39 |
| 100HH | 16.19 | 16.96 | 15.26 | 15.97 | 16.16 | 16.59 |
| 300IH | 49.35 | 48.57 | 49.08 | 50.25 | 48.91 | 49.95 |
| 4X100R | 52.45 | 52.65 | 53.14 | 51.50 | 52.18 | 52.79 |
| 4X200R | 1.51.91 | 1.54.57 | 1.49.53 | 1.49.99 | 1.54.97 | 1.50.47 |
| 4X400R | 4.18.99 | 4.17.61 | 4.15.02 | 4.20.59 | 4.24.08 | 4.17.67 |
| Long Jump | 15'10.25" | 16-04.75 | 15-04.75 | 15-04.50 | 16-01.75 | 16-00.00 |
| Triple Jump | 32'02.25" | 31-10.50 | 30-10.00 | 34-11.50 | 32-01.75 | 31-10.75 |
| High Jump | 4'08.00" | 4-08.00 | 4-10.00 | 4-08.00 | 4-09.00 | 4-08.00 |
| Pole Vault | 8'01.00" | 9-00.00 | 8-03.00 | 7-00.00 | 8-06.00 | 8-0.00 |
| Shot Put | 31'11.00" | 32-03.00 | 33-08.25 | 32-01.75 | 32-02.25 | 29-04.00 |
| Discus | 96'07" | 92-10 | 95-01 | 88-10 | 111-08 | 94-10 |
| Javelin | 98'00" | 99-03 | 106-11 | 96-01 | 96-00 | 91-09 |

* Average of past 5 years @ WCD III 2nd Place

First Reading: June 05, 2023
Approval in September 2023