



**WIAA / WEST CENTRAL DISTRICT III 1A TRACK & FIELD**  
**2023 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 2<sup>nd</sup> 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	2016	2022
100m	<b>11.36</b>	<b>11.19</b>	<b>11.25</b>	11.33	11.49	11.55
200m	<b>23.14</b>	<b>23.51</b>	<b>22.71</b>	22.96	22.76	23.75
400m	<b>52.50</b>	<b>52.86</b>	<b>51.40</b>	52.05	52.98	53.2
800m	<b>2.05.88</b>	<b>2.01.75</b>	<b>2.03.98</b>	2.08.87	2.09.92	2.04.90
1600m	<b>4.42.47</b>	<b>4.33.44</b>	<b>4.41.32</b>	4.36.25	4.52.63	4.47.49
3200m	<b>10.13.95</b>	<b>10.08.21</b>	<b>10.05.29</b>	10.28.27	10.26.30	10.01.69
110HH	<b>17.12</b>	<b>17.40</b>	<b>16.77</b>	16.64	17.23	17.54
300IH	<b>43.13</b>	<b>44.19</b>	<b>43.22</b>	42.02	43.13	43.11
4X100R	<b>45.33</b>	<b>45.06</b>	<b>45.45</b>	44.43	44.85	46.84
4X400R	<b>3.36.39</b>	<b>3.34.14</b>	<b>3.36.40</b>	3.35.43	3.37.10	3.38.89
Long Jump	<b>19'03.75"</b>	<b>20-03.00</b>	<b>19-01.25</b>	20-02.50	20-05.50	16-06.50
Triple Jump	<b>39'03.75"</b>	<b>37-07.50</b>	<b>38-10.00</b>	43-10.00	39-05.00	36-10.25
High Jump	<b>5'07.00"</b>	<b>5-08.00</b>	<b>5-08.00</b>	5-08.00	5-06.00	5-06.00
Pole Vault	<b>11'09.00"</b>	<b>12-0.00</b>	<b>12-00.00</b>	11-06.00	13.00.00	10.06.00
Shot Put	<b>41'10.25"</b>	<b>36-07.00</b>	<b>41-04.50</b>	44-01.00	45-04.00	41-10.75
Discus	<b>124'08"</b>	<b>118-02</b>	<b>122-00</b>	126-00	133-09	123-06
Javelin	<b>143'10"</b>	<b>136-03</b>	<b>142-03</b>	154-02	146-09	139-11

**\*Average of past years @ WCD III 2<sup>nd</sup> Place**  
 First Reading: June 06, 2022, approved WCDIII September meeting 2022



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**GIRLS**

Girls	Avg.	2019	2018	2017	2016	2022
100m	<b>12.89</b>	12.71	12.65	12.58	13.22	13.31
200m	<b>26.41</b>	26.93	26.20	25.70	26.61	26.59
400m	<b>1.01.64</b>	1.02.42	1.00.79	1.01.18	59.66	1.04.17
800m	<b>2.27.31</b>	2.25.49	2.23.56	2.29.80	2.31.37	2.26.31
1600m	<b>5.28.49</b>	5.18.27	5.22.52	5.32.25	5.47.68	5.21.71
3200m	<b>12.30.75</b>	12.06.14	12.22.24	12.17.30	12.33.45	11.46.39
100HH	<b>16.34</b>	16.96	15.26	15.97	16.90	16.59
300IH	<b>49.64</b>	48.57	49.08	50.25	50.37	49.95
4X100R	<b>52.30</b>	52.65	53.14	51.50	51.44	52.79
4X200R	<b>1.50.70</b>	1.54.57	1.49.53	1.49.99	1.48.92	1.50.47
4X400R	<b>4.19.37</b>	4.17.61	4.15.02	4.20.59	4.25.97	4.17.67
Long Jump	<b>15'09.50"</b>	16-04.75	15-04.75	15-04.50	15-10.25	16-00.00
Triple Jump	<b>32'03.00"</b>	31-10.50	30-10.00	34-11.50	32-06.00	31-10.75
High Jump	<b>4'09.00"</b>	4-08.00	4-10.00	4-08.00	5-00.00	4-08.00
Pole Vault	<b>7'10.00"</b>	9-00.00	8-03.00	7-00.00	7-00.00	8-0.00
Shot Put	<b>31'10.25"</b>	32-03.00	33-08.25	32-01.75	31-10.75	29-04.00
Discus	<b>94'02"</b>	92-10	95-01	88-10	99-03	94-10
Javelin	<b>99'05"</b>	99-03	106-11	96-01	103-02	91-09

\* Average of past 5 years @ WCD III 2<sup>nd</sup> Place

First Reading: June 06, 2022  
Approval in September 2022