

TRACK & FIELD Policies and Pairings

6A SCHOOLS

The following number of individuals and relays will qualify in each event from each Region:

<u>Region 1</u>	<u>Region 2</u>	<u>Region 3</u>
4	4	4

5A SCHOOLS

The following number of individuals and relays will qualify in each event from each Region:

<u>Region 4</u>	<u>Region 5</u>	<u>Region 6</u>	<u>Region 7</u>
4	6	5	5

4A SCHOOLS

The following number of individuals and relays will qualify in each event from each Region:

<u>Region 8</u>	<u>Region 9</u>	<u>Region 10</u>	<u>Region 11</u>
4	5	5	5

3A SCHOOLS

The following number of individuals and relays will qualify in each event from each Region:

<u>Region 12</u>	<u>Region 13</u>	<u>Region 14</u>
6	4	3

2A SCHOOLS

The following number of individuals and relays will qualify in each event from each Region:

<u>Region 15</u>	<u>Region 16</u>	<u>Region 17</u>	<u>Region 18</u>
1	1	1	1

1A SCHOOLS

The following number of individuals and relays will qualify in each event from each Region:

<u>Region 19</u>	<u>Region 20</u>	<u>Region 21</u>	<u>Region 22</u>
4	6	4	6

Additional Qualifiers

In addition to the above, any individual or relay team meeting the qualifying standard at a sanctioned qualifying or region meet will also qualify for the state meet. Only one relay team from each school may be entered at the state meet. Seeding for the state meets will be based on the qualifying mark from the region or other sanctioned qualifying meet. Only qualifying marks or marks achieved in earning a qualifying place at the Region meet are allowed for entry into and seeding at the state meet. Wind aided marks will NOT be accepted as state qualifying marks in the 100 Meter Dash, 200 Meter Dash, or in the 100 or 110 Meter High Hurdles. Average anemometer (wind gauge) readings in excess of +2.0 meters per second (see rule 10-2) are considered to be wind aided. All state qualifying marks submitted in these events from state qualifying meets must be accompanied by a valid anemometer reading during the race in which the mark was achieved. An anemometer (wind gauge) is required at all state qualifying meets.

* 2A TRI Test Seeding ([CLICK HERE FOR INFORMATION](#))

Qualifying Meet Standards/Limitations

Any qualifying meet must meet the standards and regulations as outlined in the UHSAA Track & Field Qualifying Meet Standards & Regulations found on the “Forms” page of the UHSAA Web-site. An individual may participate in no more than eight (8) qualifying meets in addition to the region meet.

Results Reporting

Hosts of qualifying meets and region meet chairpersons must assume the responsibility of notifying coaches of accurate times. Results of all state qualifying meets, including region meets, must be submitted to the UHSAA within 48 hours of the conclusion of the meet. This is to be done using the RunnerCard system. In all cases, only fully automatic times (FAT) may be submitted. All races of 200 meters or less in length must also include a legitimate anemometer reading to be valid.

State Entries; Region Meet Results

Region meet results (including trials and finals) are to be submitted using the RunnerCard system and are due in UHSAA offices no later than 48 hours following the conclusion of the meet or by 12:00 noon the Monday before the state meet, whichever is earlier. Each individual coach is responsible for entering his/her qualified athletes in the state meet via the RunnerCard system. This will not be done by the region. Deadlines for entries are included in meet information available on the Track page of the UHSAA website.

Region Meets are Non-Declaratory

An athlete is entered in the state meet when an official entry has been submitted by the coach and verified by the UHSAA. This means that region meets are non-declaratory.

Resolution of Ties for State Qualifying

Each region is responsible for breaking ties at the region meet for qualification to the state meet before forwarding entries. Regions are to include in their handbooks the procedure for breaking ties for the final qualifying spot in the region meet.

Spike Requirements at BYU

At the state meet only 1/4" (or shorter) Pyramid spikes may be used on the Mondo Track. No Christmas trees, pins, or needles will be allowed.

Practice at State Meet Site

No practice is allowed at the State Meet site (BYU Track & Field facility) within two weeks of the state meet. This means no athlete may be in the stadium area at all for two weeks prior to the facility opening on the first day of the State Meet. This includes setting up tents or shade tarps.

Pole Vault

The pole vault will be a team scoring event for both boys and girls in the 6A classification but non-scoring in 1A, 2A, 3A, 4A and 5A. In 2A, competing in the pole vault will not count toward the limit of four events in which an individual may compete at the region and state meets.

State Records

No state record shall be granted unless the time is recorded by fully automatic timing (FAT). No state record in the long jump or any race up to and including 200 meters shall be granted unless an anemometer is used and accurate wind velocity readings duly recorded. An average wind velocity which exceeds two (2) meters per second will invalidate a record. Completed state record application forms must be submitted to the UHSAA before a state record can be considered and become official, even if set at the state meet. For application form go to: <https://www.uhsaa.org/forms/tfrecapp.pdf>

UHSAA Track & Field State Qualifying Standards 2025

Girls' Standards

Event	6A	5A	4A	3A	2A	1A
100 M. Dash	12.80	12.91	12.99	13.26	13.46	14.05
200 M. Dash	26.00	26.07	26.33	26.98	27.69	28.88
400 M. Dash	59.47	59.08	1:00.45	1:01.36	1:02.78	1:07.11
800 M. Run	2:17.92	2:19.72	2:22.66	2:27.53	2:32.65	2:41.20
1600 M. Run	5:06.06	5:09.27	5:19.83	5:29.32	5:43.81	6:03.76
3200 M. Run	11:11.50	11:16.67	11:34.96	12:07.86	12:41.13	13:29.50
100 M. Hurdles	15.90	16.23	16.24	16.76	17.54	18.68
300 M. Hurdles	46.68	47.09	47.15	49.46	50.26	53.33
High Jump	5-ft. 01-in.	5-ft. 00-in.	4-ft. 11-in.	4-ft. 11-in.	4-ft. 10-in.	4-ft. 08-in.
Long Jump	16-ft. 03-in.	16-ft. 06-in.	15-ft. 11-in.	15-ft. 08-in.	15-ft. 05-in.	14-ft. 03-in.
Pole Vault	10-ft. 00-in.	7-ft. 06-in.	7-ft. 00-in.	7-ft. 00-in.	7-ft. 00-in.	7-ft. 00-in.
Shot Put	34-ft.05-in.	34-ft.00-in.	34-ft.00-in.	32-ft.04-in.	30-ft.04-in.	30-ft.05-in.
Discus	105-ft. 04-in.	104-ft. 01-in.	99-ft. 06-in.	97-ft. 03-in.	91-ft. 07-in.	87-ft. 03-in.
Javelin	100-ft. 00-in.	103-ft. 02-in.	105-ft. 03-in.	100-ft. 06-in.	98-ft. 06-in.	94-ft. 06-in.
4x100 M. Relay	50.51	51.07	51.28	52.65	54.49	58.00
Medley Relay				4:35.36	4:49.15	5:12.22
4x400 M. Relay	4:06.45	4:08.18	4:10.02	4:20.70	4:37.25	5:01.84
4x200m Relay	1:47.03	1:47.52	1:49.68			
4x800m Relay	9:52.45	9:53.95	10:15.90			

UHSAA Track & Field State Qualifying Standards 2025

Boys' Standards

Event	6A	5A	4A	3A	2A	1A
100 M. Dash	11.09	11.22	11.30	11.48	11.76	11.98
200 M. Dash	22.52	22.49	23.02	23.25	24.03	24.33
400 M. Dash	50.15	50.36	51.34	51.69	53.12	54.58
800 M. Run	1:56.46	1:56.80	1:59.17	2:02.95	2:06.08	2:10.35
1600 M. Run	4:17.31	4:20.01	4:28.93	4:34.92	4:43.61	4:57.70
3200 M. Run	9:23.25	9:32.57	9:46.76	10:04.89	10:32.22	11:10.76
110 M. Hurdles	15.73	15.82	15.88	16.58	17.57	18.50
300 M. Hurdles	40.74	41.33	40.88	42.47	44.44	45.91
High Jump	6-ft 01-in.	6-ft 01-in.	6-ft 01-in.	5-ft. 11-in.	5-ft. 09-in.	5-ft. 07-in.
Long Jump	20-ft. 11-in.	20-ft. 05-in.	20-ft. 06-in.	20-ft. 00-in.	19-ft. 04-in.	18-ft. 09-in.
Pole Vault	12-ft. 09-in.	11-ft. 03-in.	9-ft. 00-in.	9-ft. 00-in.	9-ft. 00-in.	9-ft. 00-in.
Shot Put	48-ft. 00-in.	46-ft. 02-in.	45-ft. 03-in.	43-ft. 02-in.	40-ft. 07-in.	38-ft. 10-in.
Discus	138-ft. 03-in	133-ft. 01-in.	129-ft. 03-in.	125-ft. 06-in.	113-ft. 02-in.	109-ft. 01-in.
Javelin	154-ft. 05-in.	154-ft. 07-in.	152-ft. 10-in.	147-ft. 08-in	137-ft. 04-in.	135-ft. 01-in.
4x100 M. Relay	43.57	44.06	44.41	45.44	47.15	50.03
Medley Relay				3:49.68	3:58.44	4:11.41
4x400 M. Relay	3:26.16	3:29.40	3:31.32	3:36.97	3:45.40	4:03.89
4x200m Relay	1:31.15	1:32.60	1:33.62			
4x800m Relay	8:12.11	8:12.05	8:29.76			