

2026 MSAHA Conference Championship Qualification Requirements

Varsity Girls:	100 meter dash	0:16
	200 meter dash	0:33
	400 meter dash	1:15
	800 meter run	3:00
	1600 meter run	7:15
	3200 meter run	15:00
	100 Hurdles	0:21
	300 Hurdles	1:02
	Long Jump	12'-6"
	Triple Jump	24'-0"
	High Jump	4'-0"
	Shot Put	20'-0"
	Discus	55'-0"

Varsity Boys:	100 meter dash	0:14
	200 meter dash	0:28
	400 meter dash	1:05
	800 meter run	2:30
	1600 meter run	6:00
	3200 meter run	13:15
	110 Hurdles	0:19
	300 Hurdles	0:56
	Long Jump	15'-0"
	Triple Jump	28'-0"
	High Jump	5'-0"
	Shot Put	27'-6"
	Discus	80'-0"

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Mid. Sch. Boys:	100 meter dash	0:16
	200 meter dash	0:35
	400 meter dash	1:20
	800 meter run	3:00
	1600 meter run	7:00
	3200 meter run	18:00
	110 Hurdles	No Minimum
	300 Hurdles	No Minimum
	Long Jump	12'-0"
	Triple Jump	26'-0"
	High Jump	No Minimum
	Shot Put	20'-0"
	Discus	No Minimum

Mid. Sch. Girls:	100 meter dash	0:17
	200 meter dash	0:40
	400 meter dash	1:30
	800 meter run	3:30
	1600 meter run	8:00
	3200 meter run	20:00
	110 Hurdles	No Minimum
	300 Hurdles	No Minimum
	Long Jump	10'-0"
	Triple Jump	No Minimum
	High Jump	No Minimum
	Shot Put	No Minimum
	Discus	No Minimum