



2026 Division I and Division II Indoor Track and Field Qualifying Standards

To enter the 2026 VISAA Indoor Track and Field Championships, all competitors must meet the 2026 qualifying standard listed below, competing in an indoor meet, during the 2025-26 indoor track and field season.

Event	DI	DII
Girls High Jump	4-4	4-2
Boys High Jump	5-6	4-8
Girls Long Jump	14-8	13-0
Boys Long Jump	19-4	15-0
Girls Shot Put	25-6	25-2
Boys Shot Put	39-0	35-0
Girls Triple Jump	27-4	26-0
Boys Triple Jump	37-2	35-0
Girls Pole Vault	6-0	6-0
Boys Pole Vault	9-0	8-6
Girls 55mh	11.05	11.80
Boys 55mh	9.80	10.00
Girls 55m	7.85	8.20
Boys 55m	6.75	7.25
Girls 4x800m Relay	11:45.00	12:00.00
Boys 4x800m Relay	9:24.00	11:15.00
Girls 1600m	5:50.00	6:05.00
Boys 1600m	4:50.00	4:58.00
Girls 4x200m Relay	1:59.00	2:06.00

Boys 4x200m Relay	1:38.00	2:00.00
Girls 300m	44.80	48.00
Boys 300m	38.10	40.50
Girls 500m	1:27.00	1:34.50
Boys 500m	1:12.60	1:20.00
Girls 1000m	3:23.00	3:38.00
Boys 1000m	2:50.80	3:00.00
Girls 3200m	13:29.00	14:00.00
Boys 3200m	10:54.00	11:15.00
Girls 4x400m Relay	4:40.00	4:45.00
Boys 4x400m Relay	3:48.40	4:12.00