



2026 Outdoor Track & Field Championships Qualifying Standards

To compete in the 2026 VISAA Outdoor Track and Field Championships, all competitors must meet the 2026 qualifying standard listed below, competing in an outdoor meet, during the spring 2026 outdoor track and field qualification window of March 1, 2026 through May 12, 2026.

Event	DI	DII
Girls High Jump	4-4	4-4
Boys High Jump	5-8	5-4
Girls Long Jump	15-0	14-5
Boys Long Jump	19-10	18-10
Girls Shot Put	27-2	27-8
Boys Shot Put	41-6	38-0
Girls Triple Jump	29-4	28-4
Boys Triple Jump	37-9	36-2
Girls Discus	77-6	73-00
Boys Discus	116-00	105-0
Girls Pole Vault	6-0	6-0
Boys Pole Vault	9-0	8-6
Girls 100m Hurdles	20.84	21.20
Boys 110m Hurdles	18.98	20.00
Girls 100m Dash	13.77	13.77
Boys 100m Dash	11.50	11.92
Girls 4x800m Relay	12:00.00	12:40.00
Boys 4x800m Relay	9:28.00	10:28.00
Girls 1600m	5:51.01	5:59.50

Boys 1600m	4:47.00	4:56.23
Girls 4x100m Relay	59.78	57.10
Boys 4x100m Relay	49.08	49.30
Girls 400m	1:08.25	1:07.25
Boys 400m	55.69	55.50
Girls 300m Hurdles	57.68	57.95
Boys 300m Hurdles	46.50	49.00
Girls 800m	2:39.30	2:41.00
Boys 800m	2:08.53	2:10.50
Girls 200m	28.89	28.90
Boys 200m	23.25	24.02
Girls 3200m	13:20.00	13:38.00
Boys 3200m	10:30.00	11:00.00
Girls 4x400m Relay	4:45.50	4:50.00
Boys 4x400m Relay	3:55.00	3:58.00