

WIAA / WEST CENTRAL DISTRICT III **4A** TRACK & FIELD  
 2025 **AUTOMATIC** QUALIFYING STANDARDS  
 Submitted to WCD III by Dwayne Johnson.

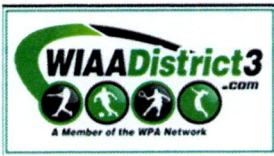
- A] The standard must be met in the finals of the event in the sub-district meet;
- B] 4A standard is the average of the marks for the 4A District 4<sup>th</sup> place qualifier to Star Track from the WCD III meet over the last five (5) years (2018-2024)
- C] All times in the track events must be FAT; if FAT fails no entries beyond allocation are allowed;
- E] And the terms ‘finals’ and ‘FAT’ will be used as defined in the Federation and WIAA rule books.

**BOYS**

4<sup>th</sup> Place Best time / vs Finals WCD III T&F 4A

Boys	Avg.	2019	2018	2024	2023	2022
100m	<b>11.03</b>	11.07	11.01	11.04	11.03	10.98
200m	<b>22.38</b>	22.12	22.29	22.47	22.76	22.28
400m	<b>50.80</b>	50.59	50.28	50.03	51.70	50.77
800m	<b>1.55.60</b>	1.56.79	1.56.18	1.58.02	1.57.60	1.55.46
1600m	<b>4.20.35</b>	4.20.71	4.20.08	4.19.24	4.21.87	4.19.87
3200m	<b>9.27.28</b>	9.27.98	9.23.27	9.21.08	9.43.09	9.20.97
110HH	<b>15.12</b>	15.01	15.06	14.99	15.11	15.45
300IH	<b>40.22</b>	39.39	39.28	40.92	40.42	41.07
4X100R	<b>43.24</b>	45.45	42.71	42.78	43.34	43.92
4X400R	<b>3.27.05</b>	3.27.55	3.25.69	3.24.89	3.28.51	3.28.59
Long Jump	<b>21'10.50"</b>	21.07.25	22.01.50	21.00.75	22-04.50	22'02.50"
Triple Jump	<b>44'03.25"</b>	44.06.25	45.11.00	43.02.25	44'02.50"	43'06.25"
High Jump	<b>6'01.00"</b>	6-02.00	6-02.00	6-00.00	6'02"	6'00"
Pole Vault	<b>13'03.00"</b>	14-00.00	13-06.00	13-00.00	13-06.00	12'06"
Shot Put	<b>48'04.25"</b>	49-04.75	48-05.75	47.07.50	48'03.25"	48'00.00"
Discus	<b>141'09"</b>	146-00	140-11	139-11	142-00	139'11"
Javelin	<b>164'11"</b>	175-04	173-10	159-06	154-05	161'07"

\*Average of past (5 yrs.) 4A WCD III 4<sup>th</sup> place



WIAA / WEST CENTRAL DISTRICT III **4A** TRACK & FIELD  
**2025 AUTOMATIC QUALIFYING STANDARDS**  
 Submitted to WCD III by Dwayne Johnson.

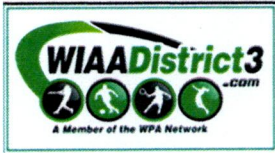
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**GIRLS**

Girls	Avg.	2019	2018	2024	2023	2022
100m	<b>12.43</b>	12.34	12.23	12.46	12.63	12.49
200m	<b>25.37</b>	24.88	24.82	25.45	25.96	25.73
400m	<b>59.11</b>	58.77	58.79	59.02	59.60	59.39
800m	<b>2.15.70</b>	2.15.83	2.16.06	2.14.35	2.14.94	2.17.34
1600m	<b>5.04.09</b>	5.08.04	5.03.51	5.01.72	5.05.01	5.02.16
3200m	<b>11.05.88</b>	11.10.24	11.09.48	10.56.56	11.11.65	11.01.51
100HH	<b>15.48</b>	14.96	14.87	15.41	16.01	16.13
300IH	<b>46.49</b>	45.57	45.52	46.94	47.39	47.05
4X100R	<b>49.83</b>	49.51	49.43	50.29	49.73	50.18
4X200R	<b>1.45.51</b>	1.44.07	1.44.63	1.45.55	1.46.66	1.46.64
4X400R	<b>4.02.99</b>	4.01.90	4.01.90	4.02.06	4.06.88	4.03.04
Long Jump	<b>17'04.00"</b>	17.05.50	17-10.25	16-04.50	17'01.50"	17'10.50"
Triple Jump	<b>36'01.75"</b>	35-06.00	37-01.50	35-11.75	35'07.75"	36'05.25"
High Jump	<b>5'01"</b>	5'00"	5'04"	5'00"	5'02"	5'02"
Pole Vault	<b>10'01"</b>	9'06"	9'06"	11'03.00	10'06"	9'09"
Shot Put	<b>37'01.50"</b>	38.01.50	39-09.50	36-11.75	35'06.25"	35'03.25"
Discus	<b>116'01"</b>	121-00	122-10	109-07	110-04	116-11
Javelin	<b>115'01"</b>	112-07	117-01	118-11	110-00	116'10"

\*Average of past (5 yrs.) 4A WCD III 4<sup>th</sup> place

1<sup>st</sup> reading October 2024  
 Approved WCD III Board October 2024



WIAA / WEST CENTRAL DISTRICT III **3A** TRACK & FIELD  
 2025 **AUTOMATIC** QUALIFYING STANDARDS  
 Submitted WCD III by Dwayne Johnson.

- A] The standard must be met in the finals of the event in the sub-district meet;
- B] 3A standard is the average of the marks for the 3A District 4<sup>th</sup> place qualifier to Star Track from the WCD III meet over the last five (5) years (2018-2024)
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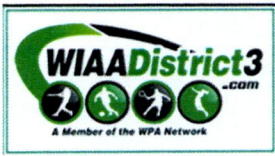
**BOYS**

Boys	Avg.	2019	2018	2024	2023	2022
100m	<b>11.10</b>	11.12	11.14	11.12	11.17	10.96
200m	<b>22.52</b>	22.86	22.26	22.35	22.50	22.62
400m	<b>51.17</b>	52.04	51.09	50.93	50.48	51.32
800m	<b>1.58.78</b>	1.57.98	1.58.73	1.59.52	1.59.26	1.58.40
1600m	<b>4.22.14</b>	4.24.96	4.26.27	4.24.36	4.15.78	4.19.34
3200m	<b>9.34.18</b>	9.45.81	9.39.30	9.38.17	9.26.26	9.21.36
110HH	<b>15.26</b>	14.78	15.03	15.78	15.13	15.57
300IH	<b>41.02</b>	40.13	40.18	41.66	40.89	42.23
4X100R	<b>43.03</b>	42.65	43.38	42.61	43.12	43.41
4X400R	<b>3.29.70</b>	3.29.44	3.29.11	3.30.40	3.31.45	3.28.11
Long Jump	<b>21'04.25"</b>	20.11.25	21.00.00	21.01.50	21.08.25	21.01.25
Triple Jump	<b>43'01.75"</b>	43.05.50	43.05.75	42-09.00	43.04.00	42.08.75
High Jump	<b>6'00"</b>	6.00.00	6.02.00	6-02.00	6-00.00	6-00.00
Pole Vault	<b>12'07"</b>	13.00.00	13.00.00	12-06.00	12-00.00	12-09.00
Shot Put	<b>48'05.75"</b>	50.01.00	50.01.00	50-02.00	47-10.75	46.02.75
Discus	<b>143'03"</b>	147-05	143.08	141-00	140-11	134-02
Javelin	<b>160'08"</b>	155.07	163-07	157-01	163-03	162-10

\*Average of past (5 yrs.) 3A WCD III 4<sup>th</sup> place

1<sup>st</sup> reading June 5, 2023

Approved WCD III Board September 2023



## WIAA / WEST CENTRAL DISTRICT III **3A** TRACK & FIELD 2025 **AUTOMATIC** QUALIFYING STANDARDS

Submitted WCD III by Dwayne Johnson.

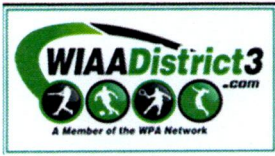
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### **GIRLS**

Girls	Avg.	2019	2018	2024	2023	2022
100m	<b>12.65</b>	12.74	12.60	12.76	12.64	12.50
200m	<b>26.03</b>	26.00	25.94	25.89	26.19	26.15
400m	<b>60.74</b>	61.75	59.62	59.87	60.91	61.55
800m	<b>2.19.38</b>	2.24.23	2.21.06	2.14.51	2.17.28	2.19.82
1600m	<b>5.05.28</b>	5.09.47	5.08.69	5.00.02	5.02.29	5.05.94
3200m	<b>11.15.63</b>	11.29.08	11.11.81	11.21.97	11.00.42	11.14.87
100HH	<b>16.31</b>	16.56	16.24	16.22	16.59	15.96
300IH	<b>46.77</b>	47.22	46.92	45.76	46.39	47.56
4X100R	<b>50.30</b>	50.89	49.96	49.63	50.53	50.48
4X200R	<b>1.47.33</b>	1.49.92	1.45.63	1.46.26	1.47.32	1.47.54
4X400R	<b>4.10.78</b>	4.14.29	4.08.62	4.07.44	4.13.11	4.10.45
Long Jump	<b>16'10.50"</b>	16.09.00	17-01.75	17-01.25	16-04.50	17-03.00
Triple Jump	<b>34'09.00"</b>	33.05.75	34.05.75	34-11.50	35-09.75	35-01.00
High Jump	<b>5'00"</b>	5'02"	4'10"	5'00"	5'00"	5'02"
Pole Vault	<b>10'03"</b>	9-06.00	9-00.00	10-06.00	11-06.00	11-00.00
Shot Put	<b>37'10.75"</b>	40-00.50	39-08.75	37-11.25	35-09.5	36-00.00
Discus	<b>110'04"</b>	114-06	114-06	113-02	103-05	106-02
Javelin	<b>111'01"</b>	111-01	105-04	108-10	115-04	114-10

\*Average of past (5 yrs.) 3A WCD III 4<sup>th</sup> place

1<sup>st</sup> reading October 2024  
Approved WCD III Board October 2024



WIAA / WEST CENTRAL DISTRICT III **2A** TRACK & FIELD  
 2025 **AUTOMATIC** QUALIFYING STANDARDS  
 Submitted WCD III T&F Commissioner: Dwayne Johnson

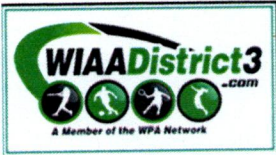
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- C] All times in the track events must be FAT; if FAT fails no entries beyond allocation are allowed;
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**BOYS**

Boys	Avg.	2019	2018	2024	2023	2022
100m	<b>11.13</b>	11.05	11.12	11.16	11.18	11.15
200m	<b>22.65</b>	22.72	22.56	22.56	22.61	22.81
400m	<b>51.26</b>	51.12	51.04	51.04	51.20	51.88
800m	<b>2.00.00</b>	2.00.27	2.02.30	1.58.42	1.59.21	1.59.78
1600m	<b>4.26.72</b>	4.31.89	4.31.76	4.16.22	4.27.75	4.25.95
3200m	<b>9.48.15</b>	9.43.84	9.59.02	9.51.17	9.46.15	9.40.56
110HH	<b>16.08</b>	15.77	15.77	15.77	16.19	16.90
300IH	<b>41.68</b>	41.87	41.44	40.96	42.99	41.13
4X100R	<b>44.09</b>	44.31	43.82	43.51	44.46	44.33
4X400R	<b>3.32.52</b>	3.30.98	3.31.54	3.33.16	3.33.24	3.33.70
Long Jump	<b>20'05.75"</b>	20.07.00	20.04.50	20.08.75	20.05.00	20.04.50
Triple Jump	<b>41'00.25"</b>	41-06.00	41.07.75	41-11.25	40.11.00	39-01.50
High Jump	<b>5'09"</b>	5-10.00	5-08.00	5-08.00	5-10.00	5-10.00
Pole Vault	<b>11'07"</b>	12-06.00	12-00.00	12-00.00	10-06.00	11-00.00
Shot Put	<b>45'04.00"</b>	47-11.00	46.10.50	46-01.75	45-04.50	40-05.00
Discus	<b>133'09"</b>	134-07	132-06	142-09	136-04	123-07
Javelin	<b>150'10"</b>	154-02	149-05	158-06	144-0	144-03

\*Average of past (5 yrs.) 2A WCD III 4<sup>th</sup> place

First Reading October 2024  
 Approved WCD III Board October 2024



WIAA / WEST CENTRAL DISTRICT III **2A** TRACK & FIELD  
 2025 **AUTOMATIC** QUALIFYING STANDARDS

Submitted WCD III T&F Commissioner: Dwayne Johnson

A] The standard must be met in the finals of the event in the sub-district meet.

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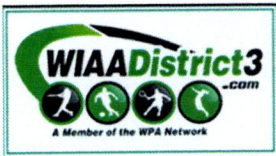
**GIRLS**

Girls	Avg.	2019	2018	2024	2023	2022
100m	12.65	12.39	12.39	12.62	12.88	12.99
200m	26.17	26.22	25.31	26.27	26.31	26.76
400m	1.00.85	1.00.56	59.86	61.06	61.13	61.63
800m	2.26.64	2.26.12	2.29.40	2.24.00	2.29.35	2.24.33
1600m	5.18.69	5.13.54	5.11.46	5.21.37	5.26.62	5.20.42
3200m	12.04.56	12.09.49	11.32.50	12.11.03	12.08.62	12.21.12
100HH	16.25	15.51	16.24	15.94	16.53	17.04
300IH	48.77	47.81	47.63	49.00	49.83	49.56
4X100R	51.38	51.15	50.64	51.35	51.37	52.39
4X200R	1.49.60	1.48.62	1.48.69	1.49.30	1.49.48	1.51.89
4X400R	4.15.67	4.08.73	4.11.80	4.17.37	4.21.13	4.19.32
Long Jump	15'10.25"	16'02.25"	16-01.75	15-08.75	16-04.50	14-10.25
Triple Jump	32'11.50"	34'07.00"	34.05.50	33-01.00	32-05.25	30-10.25
High Jump	4'09.00"	4'10"	4'10"	4'08"	4'08"	4'10"
Pole Vault	8'04"	9'06"	9-09.00	8-06.00	8-00.00	7-00.00
Shot Put	33'11.00"	34'04.75"	33-06.25	33-10.50	35-05.50	32-04.00
Discus	102'10"	103'10"	109-01	100-08	105-10	94-11
Javelin	106'02"	107'10"	108-09	109-11	101-00	103-05

\* Average of past (5 yrs.) 2A WCD III 4<sup>th</sup> place

First Reading October, 2024

Approved WCD III Board October 2024



**WIAA / WEST CENTRAL DISTRICT III 1A TRACK & FIELD**  
**2025 AUTOMATIC QUALIFYING STANDARDS**  
 Submitted by Dwayne Johnson T&F WCD III Commissioner

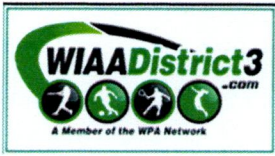
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**BOYS**

Boys	Avg.	2019	2018	2024	2023	2022
100m	11.42	11.19	11.25	11.65	11.46	11.55
200m	23.29	23.51	22.71	23.76	22.71	23.75
400m	51.91	52.86	51.40	51.29	50.81	53.20
800m	2.03.53	2.01.75	2.03.98	1.59.57	2.03.45	2.04.90
1600m	4.36.97	4.33.44	4.41.32	4.28.72	4.33.88	4.47.49
3200m	10.07.25	10.08.21	10.05.29	10.01.63	9.52.79	10.01.69
110HH	18.09	17.40	16.77	18.31	20.42	17.54
300IH	44.60	44.19	43.22	45.65	46.81	43.11
4X100R	45.63	45.06	45.45	44.89	45.89	46.84
4X400R	3.36.94	3.34.14	3.36.40	3.33.77	3.41.51	3.38.89
Long Jump	19'01.25"	20-03.00	19-01.25	20-05.75	19-02.75	16-06.50
Triple Jump	38'00.25"	37-07.50	38-10.00	38-04.50	38-05.00	36-10.25
High Jump	5'07.00"	5-08.00	5-08.00	5-06.00	5-08.00	5-06.00
Pole Vault	10'09.00"	12-0.00	12-00.00	8-06.00	11-00.00	10.06.00
Shot Put	41'00.50"	36-07.00	41-04.50	43.00.50	42-04.50	41-10.75
Discus	128'08"	118-02	122-00	140-09	139-02	123-06
Javelin	144'02"	136-03	142-03	148-03	154-03	139-11

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

First Reading: October 2024 and approved October 2024



**WIAA / WEST CENTRAL DISTRICT III 1A TRACK & FIELD  
2025 AUTOMATIC QUALIFYING STANDARDS**  
Submitted by Dwayne Johnson T&F WCD III Commissioner

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**GIRLS**

Girls	Avg.	2019	2018	2024	2023	2022
100m	<b>12.90</b>	12.71	12.65	12.81	13.01	13.31
200m	<b>26.53</b>	26.93	26.20	26.34	26.59	26.59
400m	<b>1.02.33</b>	1.02.42	1.00.79	55:12.0	63.10	1.04.17
800m	<b>2.26.33</b>	2.25.49	2.23.56	2.21.31	2.26.48	2.26.31
1600m	<b>5.18.44</b>	5.18.27	5.22.52	5.16.24	5.13.48	5.21.71
3200m	<b>12.02.09</b>	12.06.14	12.22.24	12.17.30	11.51.19	11.46.39
100HH	<b>16.22</b>	16.96	15.26	16.11	16.16	16.59
300IH	<b>48.86</b>	48.57	49.08	47.78	48.91	49.95
4X100R	<b>52.48</b>	52.65	53.14	51.65	52.18	52.79
4X200R	<b>1.51.42</b>	1.54.57	1.49.53	1.47.54	1.54.97	1.50.47
4X400R	<b>4.18.62</b>	4.17.61	4.15.02	4.18.74	4.24.08	4.17.67
Long Jump	<b>15'10.25"</b>	16-04.75	15-04.75	16-07.25	16-01.75	16-00.00
Triple Jump	<b>32'02.25"</b>	31-10.50	30-10.00	33-11.25	32-01.75	31-10.75
High Jump	<b>4'08.00"</b>	4-08.00	4-10.00	4-08"	4-09.00	4-08.00
Pole Vault	<b>8'01.00"</b>	9-00.00	8-03.00	9-00.00	8-06.00	8-0.00
Shot Put	<b>31'11.00"</b>	32-03.00	33-08.25	31-02.75	32-02.25	29-04.00
Discus	<b>96'07"</b>	92-10	95-01	98-06	111-08	94-10
Javelin	<b>98'00"</b>	99-03	106-11	106-00	96-00	91-09

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

First Reading: October 2024  
Approval in October 2024