

Qualifying Standards for the LSAM State Track Meet

Coaches should consider the following guidelines to determine which athletes should go to STATE:

1. Any athlete that a coach feels deserves to participate in the STATE Tourney may enter. If the athlete has great practice times, works hard, has been dedicated to the program, or has finished in the top 6 at any 7th and 8th grade level track meet, he/she should be considered. This would be especially true for any 7th or 8th grader.
2. Below are times and distances to use as a guideline to determine who from your school deserve to go. These are helpful for 7th and 8th graders, but should definitely be used before a coach allows any 5th or 6th grader to compete at the state level. Please try to enter athletes that are close to these suggested guidelines.

| <u>EVENT</u> | <u>BOYS</u> | <u>GIRLS</u> |
|---------------------|-------------------------|-------------------------|
| Shot put | (8 lb) 33 feet | (6 lb) 24 feet |
| Discus | (1 kg) 85 ft | (1 kg) 65 ft |
| High jump | (start at 4' 2") 4' 10" | (start at 3' 10") 4' 2" |
| Long jump | 14 feet | 13 feet |
| Triple jump | 30 feet | 26 feet |
| 100 meters | 14.0 sec | 15.0 sec |
| 200 meters | 28.0 sec | 33.0 sec |
| 400 meters | 68 sec | 74 sec |
| 800 meters | 2 min, 40 sec | 3 min, 5 sec |
| 1600 meters | 6 min | 6 min, 40 sec |
| 100 meter hurdles | (10 – 30") 20 sec | (10 - 30") 23 sec |
| 4 x 100 meter relay | 57.0 sec | 62.0 sec |
| 4 x 200 meter relay | 2 min | 2 min, 10 sec |
| 4 X 200 meter relay | 5 min. | 5 min, 30 sec |

LSAM STATE TRACK AND FIELD MEET RECORDS

| | | | |
|-------------------------|------------|------|--|
| Boys 100 Meter Dash | 11.38 | 2011 | Malik Johnson – Grace Chapel, St. Louis |
| Boys 100 Meter Hurdles | 14.37 | 2006 | Zachary Gray – Calvary, Kansas City |
| Boys 1600 Meter Run | 4:58.81 | 2008 | Ian Quinn – Christ Community, Kirkwood |
| Boys 4x200 Meter Relay | 1:45.40 | 2012 | C. Martin, A. Collier, A. Curtis, N. Ricks – Salem, Black Jack |
| Boys 400 Meter Dash | 55.93 | 2007 | Corbin Nichols – Zion, Harvester |
| Boys 800 Meter Run | 2:14.75 | 2012 | Tyrene Smith – Immanuel, St. Charles |
| Boys 200 Meter Dash | 23.19 | 2012 | Lezoghia Member-Meneh – Christ Community, Kirkwood |
| Boys 4x400 Meter Relay | 3:54.28 | 2012 | C. Martin, A. Collier, P. Irving, N. Ricks – Salem, Black Jack |
| Boys 4x100 Meter Relay | 49.34 | 2005 | J. Rodriguez, B. Eckrich, D. Pogue, L. Seabaugh–Christ Community, Kirkwood |
| Boys High Jump | 5' 10" | 2003 | Ben Harmon – Green Park, St Louis |
| Boys Shot Put | 48' 7.5" | 2010 | Will Fife – Trinity JC |
| Boys Triple Jump | 38' 9" | 2006 | Zachary Gray – Calvary, Kansas City |
| Boys Long Jump | 18' 8.5" | 2012 | Lezoghia Member-Meneh – Christ Community, Kirkwood |
| Boys Discus Throw | 129' 2.25" | 2006 | Jason Obermann – Trinity, Freistat |
| | | | |
| Girls 100 Meter Dash | 12.53 | 2009 | Rachel Lee – Zion, Harvester |
| Girls 100 Meter Hurdles | 16.25 | 2009 | Taylor Brockmiller – St Paul, Farmington |
| Girls 1600 Meter Run | 5:27.91 | 2014 | Riley Schelp, – Christ Community, Kirkwood |
| Girls 4x200 Meter Relay | 1:55.78 | 2012 | A. Alphin, L Phillips, P. Simmons, J. Pierce – Salem, Black Jack |
| Girls 400 Meter Dash | 1:00.59 | 2012 | Allison Bailey – Springfield Lutheran, Springfield |
| Girls 800 Meter Run | 2:24.76 | 2015 | Helaina Williams- Lutheran School Association Cole Camp |
| Girls 200 Meter Dash | 26.68 | 2012 | Allison Bailey – Springfield Lutheran, Springfield |
| Girls 4x400 Meter Relay | 4:34.47 | 2012 | N. Oldendorph, H. Deines, N. Vanek, P. Bredansteiner–Immanuel, St. Charles |
| Girls 4x100 Meter Relay | 53.28 | 2012 | T. Harris, A. Alphin, P. Simmons, J. Pierce – Salem, Black Jack |
| Girls Long Jump | 15' 9" | 2012 | Allison Bailey – Springfield Lutheran, Springfield |
| Girls Discus Throw | 107' 5.5" | 2015 | Kennedy Aurentz- Springfield Lutheran, Springfield |
| Girls High Jump | 5' 0.5" | 2008 | Taylor Brockmiller – St. Paul, Farmington |
| Girls Shot Put | 39' 1.5" | 2015 | Kennedy Aurentz- Springfield Lutheran, Springfield |
| Girls Triple Jump | 33' 5" | 2013 | Lektor Member-Meneh – Christ Community, Kirkwood |