

## 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 7<sup>th</sup> and 8<sup>th</sup> grade level track meet, he/she should be considered. This would be especially true for any 7<sup>th</sup> or 8<sup>th</sup> 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 7<sup>th</sup> and 8<sup>th</sup> graders, but should definitely be used before a coach allows any 5<sup>th</sup> or 6<sup>th</sup> 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>
100 meters	14.0 sec	15.0 sec
100 meter hurdles	(10 - 30") 20 sec	(10 - 30") 23 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
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
Long jump	4.27 m (14 ft)	3.96 m (13 ft)
Triple jump	9.14 m (30 ft)	7.92 m (26 ft)
High jump	(start at 4' 2" / 1.27 m") 1.47 m (4' 10")	(start at 3' 10" / 1.17 m) 1.27 m (4' 2")
Shot put	(4 kg) 8.5 m (28 ft)	(6 lb) 7.3 m (24 ft)
Discus	(1 kg) 25.9 m (85 ft)	(1 kg) 65 ft 19.8m

## LSAM STATE TRACK AND FIELD MEET RECORDS

Boys 100 Meter Dash	11.38	2011	Malik Johnson – Grace Chapel, St. Louis
Boys 100 Meter Hurdles	13.99	2017	Maxwell Hill – Calvary, Kansas City
Boys 200 Meter Dash	23.19	2012	Lezoghia Member-Meneh – Christ Community, Kirkwood
Boys 400 Meter Dash	55.46	2017	Timothy Smith – Atonement, St. Louis
Boys 800 Meter Run	2:13.00	2018	Henry Hardeman – Christ Community, Kirkwood
Boys 1600 Meter Run	4:57.40	2017	Henry Hardeman – Christ Community, Kirkwood
Boys 4x100 Meter Relay	48.73	2022	G. Phillips, R. White, T. Thornton, M. Stephenson- Luth. N. Middle
Boys 4x200 Meter Relay	1:43.39	2023	S. Conteh, B. Hirt, A. Story. X. Neal – Grace Chapel, St. Louis
Boys 4x400 Meter Relay	3:54.28	2012	C. Martin, A. Collier, P. Irving, N. Ricks – Salem, Black Jack
Boys Long Jump	5.70 m (18' 8.5")	2012	Lezoghia Member-Meneh – Christ Community, Kirkwood
Boys Triple Jump	11.81 m (38' 9")	2006	Zachary Gray – Calvary, Kansas City
Boys High Jump	1.77 m (5' 10")	2003	Ben Harmon – Green Park, St. Louis
Boys Shot Put (8 lbs.)	14.82 m (48' 7.5")	2010	Will Fife – Trinity JC (Retired Record)
(4 kg) 11.97 m (39' 3.5")		2018	Ryan Boettcher – Zion, St. Charles
Boys Discus Throw	39.37 m (129' 2.25")	2006	Jason Obermann – Trinity, Freistat
Girls 100 Meter Dash	11.91	2018	Anivah Brown – Salem Black Jack
Girls 100 Meter Hurdles	16.25	2009	Taylor Brockmiller – St Paul, Farmington
Girls 200 Meter Dash	25.58	2018	Anivah Brown – Salem Black Jack
Girls 400 Meter Dash	58.79	2023	Jordan Haywood – Lutheran North Middle School
Girls 800 Meter Run	2:24.76	2015	Helaina Williams- Lutheran School Association Cole Camp
Girls 1600 Meter Run	5:27.91	2014	Riley Schelp, – Christ Community, Kirkwood
Girls 4x100 Meter Relay	53.28	2012	T. Harris, A. Alphin, P. Simmons, J. Pierce – Salem, Black Jack
Girls 4x200 Meter Relay	1:55.78	2012	A. Alphin, L Phillips, P. Simmons, J. Pierce – Salem, Black Jack
Girls 4x400 Meter Relay	4:33.36	2017	A. Zimmerman, B. Morris, M. Homfedlt, E. Sporleder – Trinity J.C.
Girls Long Jump	4.90 m (16' 1")	2022	Olivia Rea- Salem, Affton
Girls Triple Jump	10.18 m (33' 5")	2013	Lektor Member-Meneh – Christ Community, Kirkwood
Girls High Jump	1.53 m (5' 0.5")	2008	Taylor Brockmiller – St. Paul, Farmington
Girls Shot Put	11.92 m (39' 1.5")	2015	Kennedy Aurentz- Springfield Lutheran, Springfield
Girls Discus Throw	32.75 m (107' 5.5")	2015	Kennedy Aurentz- Springfield Lutheran, Springfield