

2016 MSHSL State Track Meet Qualifying Standards

Girls A	
100m	0:12.83
200m	0:26.12
400m	0:58.73
800m	2:21.00
1600m	5:11.66
3200m	11:26.14
100m H	0:15.75
300m H	0:46.77
4x100m	0:50.68
4x200m	1:46.59
4x400m	4:05.30
4x800m	9:47.32
High Jump	5'3"
Pole Vault	10'4"
Long Jump	16'9"
Triple Jump	35'6"
Shot Put	38'8"
Discus	117'8"

Girls AA	
100m	0:12.57
200m	0:25.54
400m	0:57.22
800m	2:15.18
1600m	5:00.97
3200m	10:54.09
100m H	0:15.20
300m H	0:45.14
4x100m	0:49.15
4x200m	1:43.72
4x400m	3:57.35
4x800m	9:24.81
High Jump	5'4"
Pole Vault	11'2"
Long Jump	17'4"
Triple Jump	36'7"
Shot Put	40'8"
Discus	130'10"

Boys A	
100m	0:11.39
200m	0:22.86
400m	0:50.39
800m	1:59.03
1600m	4:25.00
3200m	9:40.05
110m H	0:15.62
300m H	0:40.47
4x100m	0:44.47
4x200m	1:32.44
4x400m	3:27.51
4x800m	8:11.69
High Jump	6'3"
Pole Vault	13'3"
Long Jump	21'4"
Triple Jump	43'2"
Shot Put	50'9"
Discus	152'5"

Boys AA	
100m	0:11.14
200m	0:22.34
400m	0:49.25
800m	1:55.54
1600m	4:16.83
3200m	9:13.30
110m H	0:14.95
300m H	0:39.28
4x100m	0:43.11
4x200m	1:29.56
4x400m	3:22.79
4x800m	7:59.59
High Jump	6'4"
Pole Vault	13'9"
Long Jump	21'9"
Triple Jump	44'10"
Shot Put	54'2"
Discus	155'10"

2016 Section 8AA Track and Field Championship

Day 1 Sauk Rapids-Rice 6/1/16

Day 2 Alexandria 6/4/16

Day 1 - Wednesday 6/1/2016 - Starts at 03:00 PM

Event Round

3:30 PM #13 Girls 100 Meter Hurdles Class AA Prelims

3:50 PM #14 Boys 110 Meter Hurdles Class AA Prelims

4:10 PM #1 Girls 100 Meter Dash Class AA Prelims

4:25 PM #2 Boys 100 Meter Dash Class AA Prelims

4:40 PM #5 Girls 400 Meter Dash Class AA Prelims

5:05 PM #6 Boys 400 Meter Dash Class AA Prelims

5:30 PM #15 Girls 300 Meter Hurdles Class AA Prelims

5:55 PM #16 Boys 300 Meter Hurdles Class AA Prelims

6:20 PM #7 Girls 800 Meter Run Class AA Prelims

6:35 PM #8 Boys 800 Meter Run Class AA Prelims

6:50 PM #3 Girls 200 Meter Dash Class AA Prelims

7:10 PM #4 Boys 200 Meter Dash Class AA Prelims

7:25 PM #11 Girls 3200 Meter Run Class AA Finals

7:55 PM #12 Boys 3200 Meter Run Class AA Finals

3:00 PM #32 Boys Triple Jump Class AA Prelims

5:30 PM #32 Boys Triple Jump Class AA Finals

3:00 PM #29 Girls Long Jump Class AA Prelims

5:30 PM #29 Girls Long Jump Class AA Finals

3:00 PM #33 Girls Discus Throw Class AA Prelims

5:30 PM #33 Girls Discus Throw Class AA Finals

3:00 PM #36 Boys Shot Put Class AA Prelims

5:30 PM #36 Boys Shot Put Class AA Finals

3:00 PM #28 Boys Pole Vault Class AA Finals

3:00 PM #25 Girls High Jump Class AA Finals

2016 Section 8AA Track and Field Championship

Day 1 Sauk Rapids-Rice 6/1/16

Day 2 Alexandria 6/4/16

Day 2 - Saturday 6/4/2016 - Starts at 09:30 AM

Event Round

10:00 AM #23 Girls 4x800 Meter Relay Class AA Finals

10:25 AM #24 Boys 4x800 Meter Relay Class AA Finals

10:50 AM #13 Girls 100 Meter Hurdles Class AA Finals

11:00 AM #14 Boys 110 Meter Hurdles Class AA Finals

11:05 AM #1 Girls 100 Meter Dash Class AA Finals

11:10 AM #2 Boys 100 Meter Dash Class AA Finals

11:15 AM #19 Girls 4x200 Meter Relay Class AA Finals

11:25 AM #20 Boys 4x200 Meter Relay Class AA Finals

11:35 AM #9 Girls 1600 Meter Run Class AA Finals

12:05 PM #10 Boys 1600 Meter Run Class AA Finals

12:30 PM #17 Girls 4x100 Meter Relay Class AA Finals

12:40 PM #18 Boys 4x100 Meter Relay Class AA Finals

12:50 PM #5 Girls 400 Meter Dash Class AA Finals

12:55 PM #6 Boys 400 Meter Dash Class AA Finals

1:05 PM #15 Girls 300 Meter Hurdles Class AA Finals

1:10 PM #16 Boys 300 Meter Hurdles Class AA Finals

1:15 PM #7 Girls 800 Meter Run Class AA Finals

1:25 PM #8 Boys 800 Meter Run Class AA Finals

1:35 PM #3 Girls 200 Meter Dash Class AA Finals

1:40 PM #4 Boys 200 Meter Dash Class AA Finals

2:10 PM #21 Girls 4x400 Meter Relay Class AA Finals

2:25 PM #22 Boys 4x400 Meter Relay Class AA Finals

9:30 AM #27 Girls Pole Vault Class AA Finals

9:30 AM #26 Boys High Jump Class AA Finals

9:30 AM #31 Girls Triple Jump Class AA Prelims

12:00 PM #31 Girls Triple Jump Class AA Finals

9:30 AM #30 Boys Long Jump Class AA Prelims

12:00 PM #30 Boys Long Jump Class AA Finals

9:30 AM #35 Girls Shot Put Class AA Prelims

12:00 PM #35 Girls Shot Put Class AA Finals

9:30 AM #34 Boys Discus Throw Class AA Prelims

12:00 PM #34 Boys Discus Throw Class AA Finals

MSHSL Section 8AA Championships - 5/27/2015 to 5/30/2015
Day 1 Alexandria HS Day 2 Rocori HS

Section - Records

2 Girls 100 Meter Dash	12.06	5/30/2012	Wensia Johnson - Alexandria
4 Boys 100 Meter Dash	10.70	1985	Rob Nielsen, Moorhead
6 Girls 200 Meter Dash	24.83	5/30/2012	Wensia Johnson - Alexandria
8 Boys 200 Meter Dash	22.08	2004	Corey Johnson, Moorhead
10 Girls 400 Meter Dash	56.07	1987	Renee Crep, Bemidji
12 Boys 400 Meter Dash	48.59	5/30/2014	Brett Lawrence - Moorhead
14 Girls 800 Meter Run	2:12.00	2004	Andrea Wahlin, Rocori
16 Boys 800 Meter Run	1:55.02	6/1/2011	Alex Schoneberger - Bemidji
18 Girls 1600 Meter Run	4:51.53	5/30/2015	Bethany Hasz - Alexandria
20 Boys 1600 Meter Run	4:19.00	1981	Brian Kraft, Bemidji
22 Girls 3200 Meter Run	10:24.57	5/30/2012	Jamie Piepenberg - Alexandria
24 Boys 3200 Meter Run	9:20.95	5/27/2009	Drew Paradis - Alexandria
26 Girls 100 Meter Hurdles	14.65	2001	Jacenta Spandl, Moorhead
28 Boys 110 Meter Hurdles	14.30	1984	Harvey Windorski, Rocori
30 Girls 300 Meter Hurdles	43.00	5/30/2014	Meleah Biermaier - Thief River
32 Boys 300 Meter Hurdles	38.58	2000	Scott Ferguson, Alexandria
34 Girls 4x100 Meter Relay	48.74	5/30/2014	Alexandria - Alexandria K Betterman, T Kaufman, M Urman, W Johnson
36 Boys 4x100 Meter Relay	43.15	1980	St Cloud Apollo Thielman, Alm, Kloskin, Beattty
38 Girls 4x200 Meter Relay	1:43.61	1990	Little Falls Sandman, Hochhalter, Spillum, Ratzloff
40 Boys 4x200 Meter Relay	1:29.14	2000	Brainerd Munsterteiger, Stumvoll, Strowbridge, Weiss
42 Girls 4x400 Meter Relay	3:56.81	5/31/2003	Rocori Jungels, Nies, Decker, Wahlin
44 Boys 4x400 Meter Relay	3:23.61	1993	Moorhead Beadle, Benson, Blake, Korbell
46 Girls 4x800 Meter Relay	9:21.40	5/30/2014	Moorhead - Moorhead E Hauf, M Kelly, M Johnson, A Selberg
48 Boys 4x800 Meter Relay	7:50.50	2008	Brainerd T. Ruttger, L. Delaney, M. Lorenz, T. Rose
50 Girls High Jump	5-08.00	2001	Jacenta Spandl, Moorhead
52 Boys High Jump	7-00.50	1993	Jon Pontius, Fergus Falls
54 Girls Pole Vault	11-06.00	2004	Andrea Smith, Bemidji
56 Boys Pole Vault	15-05.00	6/2/2010	Macauley Spandl - Moorhead
58 Girls Long Jump	18-05.50	5/28/2014	Jodi Lipp - St. Cloud Te
60 Boys Long Jump	23-06.50	1993	Jon Pontius, Fergus Falls
62 Girls Triple Jump	37-06.25	5/28/2009	Andrea Whitney - Sarell-St.Stevens
64 Boys Triple Jump	45-11.75	5/30/2015	Jake Lieberg - Sartell-St.S
66 Girls Discus Throw	157-06	1992	Sandi Fuchs, Rocori
68 Boys Discus Throw	181-09	1981	Ron Backes, Rocori
70 Girls Shot Put	46-01.00	1985	Julie Eisenschenk, Rocori
72 Boys Shot Put	57-05.50	1997	Justin Johnson, Alexandria