

# 2023 STATE Track and Field CHAMPIONSHIPS

MAY 20TH AND MAY 21ST CONCORDIA UNIVERSITY CHICAGO



Please note that all field measurements at STATE 2023 will be done in metric and qualifying distances should be recorded in metric as well.

Event	Boys - Metric (English)	Girls - Metric (English)
Individual Events		
Shot Put	10.05 m (33-0)	7.31 m (24-0)
Discus	26.21 m (86-0)	19.50 m (64-0)
High Jump	1.52 m (5-0)	1.32 m (4-4)
Long Jump	4.57 m (15-0)	4.06 m (13-4)
Triple Jump	8.99 m (29-6)	7.92 m (26-0)
100 Meter Dash	13.2 Sec	14.2 Sec
200 Meter Dash	28.0 Sec	30.7 Sec
400 Meter Dash	1 Min., 6 Sec	1 Min., 11 Sec
800 Meter Run	2 Min., 37 Sec	2 Min., 55 Sec
1600 Meter Run	5 Min., 50 Sec	6 Min., 40 Sec
110 Meter Hurdles (10-30")	20.7 Sec	Not Applicable
100 Meter Hurdles (10-30")	Not Applicable	20.5 Seconds
Team Events		
4 x100 Meter Relay	58.0 Seconds	1 Min., 1 Second
4 x 200 Meter Relay	2 Min., 2 Seconds	2 Min., 10 Seconds
4 x 400 Meter Relay	4 Min., 50 Seconds	5 Min., 10 Seconds
4 x 800 Meter Relay	11 Min., 20 Seconds	13 Min., 20 Seconds

High Jump Note: The starting competition heights will be 4' 8" or 1.42 m for boys and 4' 0" or 1.21 for girls.

There are no changes since STATE 2019.

*Thank You To Our Host:*



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