

WHEELCHAIR AND AMBULATORY STANDARDS CAN BE FOUND ON THE FAR RIGHT OF THIS PAGE. ----->

2026	4A		3A		2A		1A		2B		1B		Wheelchair		Ambulatory	
	Girls	Boys	Girls	Boys	Girls	Boys										
100m	12.60	11.20	12.64	11.14	12.76	11.23	12.89	11.34	13.26	11.54	13.42	11.81	45.00	40.00	30.00	25.00
200m	25.96	22.57	26.18	22.45	26.33	22.75	26.26	22.77	26.92	23.14	27.44	23.83	N/A	N/A	1:00.00	50.00
400m	58.71	50.22	59.48	50.24	59.49	50.71	1:01.34	52.10	1:03.19	52.96	1:04.46	54.35	2:30.00	2:10.00	2:00.00	1:45.00
800m	2:15.66	1:58.17	2:16.24	1:55.24	2:19.89	1:57.60	2:22.35	1:59.17	2:30.32	2:02.66	2:34.03	2:06.09	4:40:00	4:10.00	N/A	N/A
1600m	5:00.49	4:15.38	5:00.35	4:13.05	5:09.23	4:19.22	5:17.57	4:25.55	5:34.03	4:33.88	5:44.35	4:44.74	8:50.00	8:10.00	N/A	N/A
3200m	10:56.77	9:16.94	10:52.64	9:10.02	11:23.82	9:24.46	11:35.31	9:49.13	12:32.06	10:12.13	12:55.06	10:35.32	N/A	N/A	N/A	N/A
100H/110H	15.58	15.17	15.80	15.11	16.15	15.82	16.52	16.06	17.31	17.17	17.96	17.20	N/A	N/A	N/A	N/A
300H	46.96	40.21	46.41	40.11	47.62	40.87	47.77	42.03	49.98	42.52	52.55	44.03	N/A	N/A	N/A	N/A
4x100m Relay	49.57	42.89	49.85	42.90	51.03	43.55	51.22	44.65	53.02	45.55	53.54	47.08	N/A	N/A	N/A	N/A
4x200m Relay	1:44.33	N/A	1:45.56	N/A	1:47.21	N/A	1:47.75	N/A	1:52.91	N/A	1:54.02	N/A	N/A	N/A	N/A	N/A
4x400m Relay	4:03.35	3:26.33	4:06.28	3:25.62	4:10.06	3:28.15	4:13.97	3:32.47	4:25.84	3:37.87	4:31.00	3:44.51	N/A	N/A	N/A	N/A
Long Jump	17'00.50"	21'05.75"	17'02.50"	21'08.00"	16'05.00"	20'10.75"	16'07.75"	20'11.00"	15'11.75"	19'11.50"	15'06.00"	19'03.00"	N/A	N/A	N/A	N/A
Triple Jump	36'00.00"	43'07.75"	36'00.75"	43'10.50"	34'04.00"	42'06.25"	34'01.75"	41'01.75"	33'09.25"	40'07.75"	32'09.00"	39'02.75"	N/A	N/A	N/A	N/A
High Jump	5'02"	6'01"	5'01"	6'02"	4'11"	6'02"	5'00"	6'00"	5'00"	5'10"	4'10"	5'10"	N/A	N/A	N/A	N/A
Pole Vault	11'02"	14'00"	11'03"	13'06"	9'10"	13'00"	9'10"	12'06"	8'04"	11'08"	7'02"	11'02"	N/A	N/A	N/A	N/A
Shot Put	39'00.50"	51'09.75"	38'05.75"	50'11.50"	35'04.50"	50'02.25"	37'00.00"	48'07.25"	34'05.00"	45'00.00"	32'01.75"	42'01.00"	4'00"	6'00"	6'00"	8'00"
Discus Throw	122'07"	149'10"	119'11"	153'02"	111'10"	149'02"	111'03"	143'06"	109'05"	140'07"	102'05"	120'05"	8'00"	15'00"	19'00"	25'00"
Javelin Throw	120'06"	168'01"	122'08"	167'02"	114'11"	159'08"	111'04"	165'06"	109'08"	154'07"	103'01"	146'00"	8'00"	15'00"	16'00"	22'00"

N/A - Not applicable (event not contested in that division.)

**PROCEDURE FOR ABLE BODIED EVENTS:**

1. Guiding Principle: Marks are taken from the previous five years of state results using the 6th place mark. Only the middle three marks from these years are used in the calculations of averages (the high and low outliers are thrown out.)
2. If returning fields indicate that these standards will likely produce more than one extra heat, they will be manually adjusted.
3. Running event averages not ending in an even zero at the hundredths place are rounded down to the next lowest hundredth.
4. Shot put and horizontal jumps averages not ending on an even 1/4" are rounded up to the next highest 1/4".
5. Vertical jumps, Discus, and Javelin averages not ending on an even inch are rounded up to the next highest inch.
6. These marks have been independently vetted by multiple parties. If, however, there is an apparent discrepancy, please send notice and explanation to wstfcaprez (at) gmail (dot) com. Accuracy is of the utmost importance.
7. Marks for wheelchair and ambulatory events are not calculated or determined by this process, but are provided by consultation with Para Sports NW.

Sincerely,

The Washington State Track and Field Coaches Association