

HIGHLAND PARK TRACK & FIELD

WHAT IT TAKES: GIRLS 2026 (Results from 2021/2022/2023/2024/2025)

2022 MSHSL divided into 3 classes; Highland stayed in AA and switched from section 4AA to 3AA

Event	St. Paul Conference			State			
	Qual for Finals (If prelims)	8 th Place (Score)	Conf-1 st (Champ)	Sect 3AA (Qual for Finals)	Sect 3AA (2 nd Ind/2 nd Rel)	MSHSL** (Standard)	
	2021/2022/2023/2024			2021/2022/2023/2024/2025		'22/'23/'24/ '25	
100	'21	14.25 (8 th /17)	14.26 (8 th /8)	13.54	13.73 (9 th)	12.50	
	'22	14.02 (8 th /21)	13.63 (8 th /8)	13.11	13.78 (9 th)	12.53	12.45
	'23	14.11 (8 th /21)	14.05 (8 th /8)	13.21	13.67 (9 th)	12.49	12.59
	'24	13.83 (8 th /19)	13.85 (8 th /8)	13.28	13.25 (9 th)	12.59	12.68
	'25	13.61 (8 th /20)	14.96*(8 th /8)	13.19*	13.36 (9 th)	12.85	12.61
200		29.96 (8 th /16)	29.32 (8 th /8)	27.43	28.22 (9 th)	25.85	
		29.26 (8 th /21)	29.45 (8 th /8)	26.58	28.01 (9 th)	25.94	25.53
		29.58 (8 th /20)	29.84 (8 th /8)	26.67	28.24 (9 th)	25.55	25.80
		28.67 (8 th /20)	29.94 (8 th /8)	26.63	28.07 (9 th)	25.97	26.00
		27.89 (8 th /21)	28.98 (8 th /8)*	27.53*	28.06 (9 th)	25.67	26.06
400		1:08.58 (8 th /13)	1:08.24 (8 th /8)	1:00.20	1:04.32 (9 th)	1:00.49	
		1:08.06 (8 th /19)	1:08.49 (8 th /8)	59.36	1:07.54 (9 th)	58.98	58.16
		1:08.09 (8 th /17)	1:09.20 (8 th /8)	59.21	1:05.06 (9 th)	58.29	58.42
		1:06.98 (8 th /16)	1:07.15 (8 th /8)	59.65	1:05.87 (8 th)	1:01.83	59.71
		1:08.05 (8 th /19)	1:17.18 (8 th /8)	1:01.74	1:04.31 (9 th)	59.23	1:00.16
800	No Prelims in '21, '22, '23, '24 '25		2:43.35 (8 th /13)	2:26.49	2:36.81 (12 th)	2:18.25	
			2:51.00 (8 th /12)	2:25.50	2:34.06 (9 th)	2:23.70	2:16.39
			3:04.35 (8 th /14)	2:27.22	2:33.70 (9 th)	2:20.42	2:16.51
			3:03.61 (8 th /16)	2:16.65	2:31.05 (9 th)	2:21.07	2:19.60
			2:45.54 (8 th /18)	2:19.29	2:35.14 (9 th)	2:25.47	2:20.12
1600		6:33.03 (8 th /13)	5:06.97		5:13.46		
		6:07.08 (8 th /13)	4:59.33		5:10.29	5:04.26	
		6:28.88 (8 th /13)	5:07.85		5:32.19	5:02.90	
		6:08.45 (8 th /16)	5:19.57		5:20.26	5:08.63	
		6:30.08 (8 th /15)	5:13.78		5:12.26	5:10.53	
3200		15:06.92 (8 th /9)	12:12.84		11:06.14		
		14:52.83 (8 th /8)	10:50.70		11:16.16	11:01.25	
		15:24.91 (8 th /9)	11:34.09		11:52.92	11:01.41	
		13:20.11 (8 th /14)	11:06.02		11:22.05	11:24.48	
		13:42.07 (8 th /13)	10:53.61		11:22.15	11:27.86	
4 X 100		56.75 (4 th /4)	53.09		50.61		
		1:06.66 (7 th /7)	53.43		51.63	49.44	
		1:02.32 (7 th /7)	53.17		49.69	49.92	
		1:02.57 (7 th /7)	51.48		49.48	50.36	
		1:01.03 (6 th /7)	51.96		49.56	50.27	
4 X 200		2:13.76 (4 th /5)	1:56.44		1:46.64		
		2:13.82 (7 th /7)	1:55.22		1:49.68	1:44.18	
		2:09.94 (7 th /7)	1:53.53		1:47.02	1:44.86	
		2:11.98 (7 th /7)	1:53.17		1:44.98	1:45.77	
		2:08.76 (6 th /8)	1:52.36		1:45.53	1:45.83	
4 X 400		4:40.79 (3 rd /3)	4:24.64		4:09.32		
		5:17.15 (6 th /6)	4:19.67		4:13.75	4:02.14	
		5:40.95 (6 th /6)	4:23.12		4:08.87	4:03.41	
		5:19.36 (5 th /5)	4:17.76		4:04.09	4:05.74	
		5:43.42 (5 th /5)	4:25.35		4:09.45	4:05.68	
4 X 800		14:25.63 (4 th /4)	10:28.73		10:25.38		
		12:53.82 (4 th /4)	10:12.50		10:09.52	9:27.73	
		14:18.46 (3 rd /3)	10:38.17		9:55.01	9:33.36	
		13:30.29 (4 th /4)	10:30.29		10:06.35	9:47.37	
		13:58.90 (5 th /5)	10:50.66		10:03.41	9:50.98	

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100 H	No Prelims in '21 20.83 (8 th /11) 21.52 (8 th /10) 20.57 (8 th /12) 19.72 (8 th /15)	21.01 (8 th /8) 20.60 (8 th /8) 21.31 (8 th /8) 21.01 (8 th /8) 19.77 (8 th /8)	17.25 16.43 17.88 16.91 18.00	17.94 (9 th) 18.25 (9 th) 18.32 (9 th) 18.15 (8 th) 18.61 (9 th)	15.69 16.75 15.31 15.51 15.54	15.01 15.38 15.82 15.96
300 H	58.41 (8 th /10) 56.15 (8 th /15) 56.74 (8 th /12) 56.76 (8 th /12) 56.21 (8 th /13)	57.74 (8 th /8) 56.11 (8 th /8) 56.75 (8 th /8) 58.54 (7 th /8) 57.70 (8 th /8)	47.58 46.54 49.05 50.46 52.50	52.03 (9 th) 53.77 (9 th) 53.06 (9 th) 51.65 (9 th) 52.31 (9 th)	47.09 49.28 47.74 45.60 47.56	45.46 45.47 46.26 46.80
HJ		3-10 (8 th /8) 4-04 (9 th /11) 4-0 (8 th /9) 4-2 (8 th /9) 4-02	5-0 4-06 4-10 4-10 4-10		4-10 4-10 5-01 4-10 5-00	5-04 5-03 5-01 5-01
LJ		13-09 (8 th /13) 13-09 (8 th /21) 13-0 (8 th /16) 13-03.5 (8 th /14) 14-06 (8 th /16)	16-06.75 15-08.5 15-03 16-04 17-00	15-07.75 (10 th) 15-03 (10 th) 15-08.75 (10 th) 15-01.5 (10 th) 15-07 (10 th)	17-02.25 17-02.75 16-07 16-06.75 16-08	17-04 17-02 16-05 16-04
TJ		30-0 (8 th /10) 30-0 (8 th /12) 25-04.5 (8 th /9) 26-06 (8 th /9) 25-11 (8 th /14)	33-02.5 35-02.75 32-02 33-09 34-07	32-07 (10 th) 32-06.25 (10 th) 33-03.25 (10 th) 31-08.25 (10 th) 32-04 (10 th)	35-09.5 35-01.25 36-03.75 36-04.5 37-05	36-11 36-09 36-01 35-06
SP		25-04 (8 th /17) 24-04 (8 th /21) 27-11 (8 th /19) 25-03 (8 th /17) 26-09 (8 th /20)	39-0 30-03.5 32-04.5 33-03 37-07	30-06.5 (10 th) 27-03.75 (10 th) 29-00.5 (10 th) 27-06 (10 th) 27-10.5 (10 th)	37-03.5 31-10.25 31-05.25 35-09 35-09	39-08 37-08 36-00 35-08
DT		61-06 (8 th /14) 65-04 (8 th /18) 72-09 (8 th /18) 65-08 (8 th /19) 75-10 (8 th /18)	85-10 83-0 90-03 84-01 101-05	89-03 (10 th) 76-05 (10 th) 84-05 (10 th) 84-05 (10 th) 85-07 (10 th)	109-11 104-05 108-04 100-02 103-01	125-0 120-05 112-06 109-00

*big headwind made times much slower for these races