
7-3-25

2026 NYSPHSAA AT LARGE QUALIFYING STANDARDS

Class A - 3 year avg. of 6th seeded D1/Class A NYSPHSAA competitor

Class B - 3 year avg. of 6th seeded D2/Class B NYSPHSAA competitor

Class C - 3 year avg. of 8th seeded D2 or 6th Seeded Class C NYSPHSAA competitor
(2023-2025)

Event	Boys Class A	Boys Class B	Boys Class C	Event	Girls Class A	Girls Class B	Girls Class C
100m	10.74	10.84	10.91	100m	12.12	12.30	12.34
200m	21.85	21.94	22.16	200m	24.96	25.40	25.51
400m	48.78	49.41	49.65	400m	57.08	57.44	58.12
110m HH	14.60	15.12	15.26	100m H	14.53	15.36	15.56
400m IH	55.33	56.30	57.13	400m IH	1:02.92	1:05.15	1:05.50
800m	1:54.73	1:56.45	1:57.62	800m	2:10.75	2:16.81	2:18.74
1600m	4:15.87	4:20.96	4:23.48	1500m	4:35.15	4:42.57	4:44.31
3200m	9:09.15	9:23.69	9:28.24	3000m	9:53.66	10:09.55	10:20.41
3k Steeple	9:33.43	9:46.61	9:55.16	2k Steeple	7:09.23	7:17.34	7:23.53
High Jump	6'5"	6'4"	6'3"	High Jump	5'5"	5'4"	5'3"
Pole Vault	14'3"	13'7"	13'3"	Pole Vault	11'6"	10'10"	10'3"
Long Jump	23'1.25"	22'4.25"	22'2"	Long Jump	18'8.5"	18'2.25"	18'3.5"
Triple Jump	46'1"	45'7.25"	44'8"	Triple Jump	39'5"	37'3.25"	37'0.25"
Shot Put	52'11"	53'2.25"	51'1"	Shot Put	38'4"	37'6.5"	37'4.5"
Discus	161'1"	161'11"	152'6"	Discus	123'10"	124'10"	121'5"
Pentathlon	3087	3013	2957	Pentathlon	3031	2677	2678
4x100m	42.37	43.25	43.64	4x100m	48.64	50.03	50.33
4x400m	3:20.75	3:24.76	3:27.71	4x400m	3:57.07	4:02.00	4:05.17
4x800m	7:55.32	8:09.78	8:13.79	4x800m	9:23.91	9:41.84	9:50.72

Each Section may send an additional "at large" qualifier per division using the standards listed above.

"At Large" qualifiers MUST be the highest placing finisher at the state qualifier

(after the winner is removed) to have met either the "At Large" or "Super" qualifying standard.

All Field Event Performances must occur in a meet with 5 or more teams with certified officials. ALL TRACK PERFORMANCES MUST BE FAT TIMED, these can be achieved at any Meet.

2/4/26