

HIGHLAND PARK TRACK & FIELD

WHAT IT TAKES: BOYS 2026 (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-1st	Sect 3AA Qual for Finals	Sect 3AA 2 nd Ind/2 nd Rel	MSHSL Standard **
	From 2021/2022/2023/2024 Results			2021/2022/2023/2024/2025		'22/'23/'24/'25
100 '21	12.21 (8 th /21)	11.88 (8 th /8)	10.93	11.71 (9 th)	11.18	
'22	12.71 (8 th /21)	12.51 (7 th /8)	11.14	12.01 (9 th)	11.25	11.06
'23	11.98 (8 th /21)	12.05 (8 th /8)	11.21	11.86 (9 th)	10.95	11.20
'24	11.75 (8 th /18)	11.86 (7 th /8)	11.50	11.78 (9 th)	11.05	11.18
'25	11.54 (8 th /20)	13.17* (8 th /8)	12.32*	11.76 (9 th)	11.52	11.09
200	24.93 (8 th /15)	24.35 (6 th /8)	21.73	23.71 (9 th)	21.88	
	25.78 (8 th /21)	25.90 (7 th /8)	22.97	24.61 (9 th)	23.09	22.38
	25.02 (8 th /21)	24.79 (8 th /8)	22.21	24.59 (9 th)	22.51	22.44
	24.33 (8 th /16)	24.71 (8 th /8)	23.40	24.07 (9 th)	23.31	22.53
	24.16 (8 th /20)	27.78* (8 th /8)	24.74*	23.76 (9 th)	22.87	22.53
400	56.22 (8 th /19)	58.49 (8 th /8)	53.89	55.01 (9 th)	51.84	
	57.40 (8 th /21)	1:11.08 (7 th /8)	52.83	54.24 (9 th)	52.66	50.25
	55.51 (8 th /20)	56.26 (7 th /8)	48.53	54.49 (9 th)	51.67	49.98
	56.36 (8 th /19)	55.29 (7 th /8)	48.82	55.08 (9 th)	51.03	50.47
		56.92 (8 th /8)	52.54	54.78 (9 th)	50.85	50.91
800	2:29.28 (12 th /19)	2:21.55 (8 th /12)	2:02.96	2:07.05 (12 th)	1:58.52	
	2:20.07 (12 th /21)	2:16.25 (8 th /12)	2:06.00	2:07.39 (8 th)	1:58.75	1:57.52
	2:20.01 (12 th /21)	2:11.88 (8 th /12)	2:03.45	2:07.12 (9 th)	2:00.02	1:57.97
	no prelim in '24	2:12.15 (8 th /18)	2:04.15	2:08.55 (9 th)	1:59.75	1:58.58
	no prelim in '25	2:16.77 (8 th /17)	2:05.02	2:07.05 (9 th)	1:58.37	1:58.93
1600		4:57.98 (8 th /18)	4:36.57		4:24.94	
		4:53.71 (8 th /16)	4:31.34		4:29.58	4:21.68
		4:58.69 (8 th /21)	4:26.31		4:31.24	4:23.40
		5:03.09 (8 th /19)	4:27.20		4:28.19	4:25.61
		5:02.89 (8 th /19)	4:45.71		4:26.94	4:24.80
3200		11:17.24 (8 th /11)	10:07.83		9:38.62	
		10:39.70 (8 th /15)	9:51.60		9:38.11	9:28.79
		10:47.60 (8 th /20)	9:42.50		9:59.30	9:29.87
		10:58.96 (8 th /17)	9:47.54		9:52.36	9:38.98
		10:40.93 (8 th /17)	9:43.09		9:37.73	9:40.39
4 X 100		49.90 (6 th /6)	45.08		43.17	
		52.41 (7 th /7)	46.12		45.41	43.25
		53.04 (6 th /7)	44.81		43.48	43.24
		51.65 (6 th /7)	45.04		43.28	43.37
		51.91 (7 th /7)	45.01		43.23	43.47
4 X 200		1:52.12 (7 th /7)	1:37.03		1:30.58	
		1:47.21 (7 th /7)	1:36.87		1:33.81	1:29.89
		1:44.80 (6 th /7)	1:34.05		1:32.28	1:30.42
		1:52.30 (6 th /7)	1:35.53		1:31.33	1:30.93
		1:49.33 (5 th /6)	1:37.11		1:31.33	1:31.03
4 X 400		4:26.09 (6 th /6)	3:38.10		3:30.91	
		4:10.55 (5 th /6)	3:42.53		3:30.86	3:26.23
		3:53.82 (7 th /7)	3:37.55		3:28.94	3:27.99
		4:04.09 (7 th /7)	3:32.94		3:27.82	3:29.07
		4:09.81 (5 th /6)	3:41.69		3:30.09	3:29.19
4 X 800		10:47.82 (6 th /6)	9:00.78		8:20.54	
		11:26.24 (7 th /7)	8:52.88		8:20.15	8:02.67
		11:16.45 (7 th /7)	8:45.62		8:09.52	8:05.39
		11:01.34 (6 th /6)	8:48.55		8:22.40	8:13.15
		11:15.82 (6 th /6)	9:02.97		8:20.49	8:16.97
110 H	No Prelims	24.46 (5 th /6)	16.19	16.95 (9 th)	15.65	
	20.74 (8 th /10)	22.09 (7 th /8)	16.54	19.35 (9 th)	16.18	14.99
	20.20 (8 th /13)	20.96 (8 th /8)	15.82	19.21 (9 th)	15.70	15.29

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	19.83 (8 th /13) 17.81 (8 th /13)	18.44 (7 th /8) 18.68 (8 th /8)	17.39 16.38	17.82 (9 th) 17.06 (9 th)	15.19 14.58	15.46 15.32
300 H	52.07 (8 th /10) 48.05 (8 th /18) 49.84 (8 th /14) 47.96 (8 th /15) 46.94 (8 th /13)	52.72 (7 th /8) 49.20 (8 th /8) 50.48 (8 th /8) 48.06 (8 th /8) 48.70 (8 th /8)	42.24 42.32 42.02 44.47 42.26	43.50 (9 th) 47.13 (9 th) 47.05 (9 th) 44.87 (9 th) 44.60 (9 th)	40.54 42.52 42.18 41.32 39.74	39.69 38.79 40.66 40.68
HJ		4-10 (8 th /13) 5-02 (8 th /15) 5-02 (8 th /17) 5-04 (8 th /16) 5-04 (8 th /14)	5-08 5-08 5-08 6-00 6-02		6-00 6-02 5-10 6-02 6-01	6-03 6-02 6-01 6-01
LJ		19-02 (8 th /19) 17-07 (8 th /20) 18-05 (8 th /20) 18-06 (8 th /18) 19-01 (8 th /17)	21-04 19-04.5 20-05 19-10 21-03	19-10.25 (10 th) 18-08 (10 th) 18-11 (10 th) 19-03.5 (10 th)	21-09.5 21-06 20-05.25 21-08.5 21-07.75	21-07 21-06 20-11 20-09
TJ		35-10.75 (8 th /12) 36-09 (8 th /14) 32-10 (8 th /11) 38-10 (8 th /14) 35-04.5 (8 th /12)	40-06 40-10 47-0.5 41-07 44-09.5	39-10 (10 th) 37-07.5 (10 th) 37-06.25 (10 th) 39-00.5 (10 th) 39-05.25 (10 th)	42-07 42-10 42-11 43.08 42-08.5	44-0 43-05 42-03 42-04
SP		31-08 (8 th /21) 33-01.5 (8 th /21) 32-11 (8 th /20) 35-10 (8 th /21) 36-09 (8 th /20)	38-01.5 37-07.5 40-07.5 44-02 45-05.5	38-09.25 (10 th) 37-05.25 (10 th) 38-04 (10 th) 40-11.5 (10 th) 39-08 (10 th)	47-01.5 43-08.25 43-11.25 49-5.5 45.02.25	52-11 51-11 50-02 49-08
DT		84-00 (8 th /19) 87-07.5 (8 th /22) 100-01 (8 th /21) 105-08 (8 th /21) 88-01 (8 th /18)	104-00 110-02.5 117-04 141-03 116-07	111-08 (10 th) 102-04 (10 th) 112-01 (10 th) 112-09 (10 th)	148-04 125-0 127-08 133-03 131-05	153-01 151-07 148-04 148-11

*big headwind made times much slower for these races