

# HIGHLAND PARK TRACK & FIELD

## WHAT IT TAKES: BOYS 2023 (From 2021/2022/2023)

\*\*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 <sup>th</sup> Place (Score)	Conf-1st	Sect 3AA Qual for Finals	Sect 3AA 2 <sup>nd</sup> Ind/2 <sup>nd</sup> Rel	MSHSL Standard **
From 2021/2022/2023 Results				2021/2022/2023 Results		'21/'22/'23
100	'21 12.21 (8 <sup>th</sup> /21) '22 12.71 (8 <sup>th</sup> /21) '23 11.98 (8 <sup>th</sup> /21)	11.88 (8 <sup>th</sup> /8) 12.51 (7 <sup>th</sup> /8) 12.05 (8 <sup>th</sup> /8)	10.93 11.14 11.21	11.71 (9 <sup>th</sup> ) 12.01 (9 <sup>th</sup> ) 11.86 (9 <sup>th</sup> )	11.18 11.25 10.95	11.00 11.06 11.20
200	24.93 (8 <sup>th</sup> /15) 25.78 (8 <sup>th</sup> /21) 25.02 (8 <sup>th</sup> /21)	24.35 (6 <sup>th</sup> /8) 25.90 (7 <sup>th</sup> /8) 24.79 (8 <sup>th</sup> /8)	21.73 22.97 22.21	23.71 (9 <sup>th</sup> ) 24.61 (9 <sup>th</sup> ) 24.59 (9 <sup>th</sup> )	21.88 23.09 22.51	22.20 22.38 22.44
400	56.22 (8 <sup>th</sup> /19) 57.40 (8 <sup>th</sup> /21) 55.51 (8 <sup>th</sup> /20)	58.49 (8 <sup>th</sup> /8) 1:11.08 (7 <sup>th</sup> /8) 56.26 (7 <sup>th</sup> /8)	53.89 52.83 48.53	55.01 (9 <sup>th</sup> ) 54.24 (9 <sup>th</sup> ) 54.49 (9 <sup>th</sup> )	51.84 52.66 51.67	49.67 50.25 49.98
800	2:29.28 (12 <sup>th</sup> /19) 2:20.07 (12 <sup>th</sup> /21) 2:20.01 (12 <sup>th</sup> /21)	2:21.55 (8 <sup>th</sup> /12) 2:16.25 (8 <sup>th</sup> /12) 2:11.88 (8 <sup>th</sup> /12)	2:02.96 2:06.00 2:03.45	2:07.05 (12 <sup>th</sup> ) 2:07.39 (8 <sup>th</sup> ) 2:07.12 (9 <sup>th</sup> )	1:58.52 1:58.75 2:00.02	1:56.08 1:57.52 1:57.97
1600		4:57.98 (8 <sup>th</sup> /18) 4:53.71 (8 <sup>th</sup> /16) 4:58.69 (8 <sup>th</sup> /21)	4:36.57 4:31.34 4:26.31		4:24.94 4:29.58 4:31.24	4:18.29 4:21.68 4:23.40
3200		11:17.24 (8 <sup>th</sup> /11) 10:39.70 (8 <sup>th</sup> /15) 10:47.60 (8 <sup>th</sup> /20)	10:07.83 9:51.60 9:42.50		9:38.62 9:38.11 9:59.30	9:20.51 9:28.79 9:29.87
4 X 100		49.90 (6 <sup>th</sup> /6) 52.41 (7 <sup>th</sup> /7) 53.04 (6 <sup>th</sup> /7)	45.08 46.12 44.81		43.17 45.41 43.48	42.96 43.25 43.24
4 X 200		1:52.12 (7 <sup>th</sup> /7) 1:47.21 (7 <sup>th</sup> /7) 1:44.80 (6 <sup>th</sup> /7)	1:37.03 1:36.87 1:34.05		1:30.58 1:33.81 1:32.28	1:29.14 1:29.89 1:30.42
4 X 400		4:26.09 (6 <sup>th</sup> /6) 4:10.55 (5 <sup>th</sup> /6) 3:53.82 (7 <sup>th</sup> /7)	3:38.10 3:42.53 3:37.55		3:30.91 3:30.86 3:28.94	3:23.90 3:26.23 3:27.99
4 X 800		10:47.82 (6 <sup>th</sup> /6) 11:26.24 (7 <sup>th</sup> /7) 11:16.45 (7 <sup>th</sup> /7)	9:00.78 8:52.88 8:45.62		8:20.54 8:20.15 8:09.52	7:57.13 8:02.67 8:05.39
110 H	No Prelims 20.74 (8 <sup>th</sup> /10) 20.20 (8 <sup>th</sup> /13)	24.46 (5 <sup>th</sup> /6) 22.09 (7 <sup>th</sup> /8) 20.96 (8 <sup>th</sup> /8)	16.19 16.54 15.82	16.95 (9 <sup>th</sup> ) 19.35 (9 <sup>th</sup> ) 19.21 (9 <sup>th</sup> )	15.65 16.18 15.70	14.80 14.99 15.29
300 H	52.07 (8 <sup>th</sup> /10) 48.05 (8 <sup>th</sup> /18) 49.84 (8 <sup>th</sup> /14)	52.72 (7 <sup>th</sup> /8) 49.20 (8 <sup>th</sup> /8) 50.48 (8 <sup>th</sup> /8)	42.24 42.32 42.02	43.50 (9 <sup>th</sup> ) 47.13 (9 <sup>th</sup> ) 47.05 (9 <sup>th</sup> )	40.54 42.52 42.18	39.04 39.69 38.79
HJ		4-10 (8 <sup>th</sup> /13) 5-02 (8 <sup>th</sup> /15) 5-02 (8 <sup>th</sup> /17)	5-08 5-08 5-08		6-00 6-02 5-10	6-04 6-03 6-02
LJ		19-02 (8 <sup>th</sup> /19) 17-07 (8 <sup>th</sup> /20) 18-05 (8 <sup>th</sup> /20)	21-04 19-04.5 20-05	19-10.25 (10 <sup>th</sup> ) 18-08 (10 <sup>th</sup> ) 18-11 (10 <sup>th</sup> )	21-09.5 21-06 20-05.25	22-00 21-07 21-06
TJ		35-10.75 (8 <sup>th</sup> /12) 36-09 (8 <sup>th</sup> /14) 32-10 (8 <sup>th</sup> /11)	40-06 40-10 47-0.5	39-10 (10 <sup>th</sup> ) 37-07.5 (10 <sup>th</sup> ) 37-06.25 (10 <sup>th</sup> )	42-07 42-10 42-11	44-09 44-0 43-05
SP		31-08 (8 <sup>th</sup> /21) 33-01.5 (8 <sup>th</sup> /21) 32-11 (8 <sup>th</sup> /20)	38-01.5 37-07.5 40-07.5	38-09.25 (10 <sup>th</sup> ) 37-05.25 (10 <sup>th</sup> ) 38-04 (10 <sup>th</sup> )	47-01.5 43-08.25 43-11.25	54-06 52-11 51-11
DT		84-00 (8 <sup>th</sup> /19) 87-07.5 (8 <sup>th</sup> /22) 100-01 (8 <sup>th</sup> /21)	104-00 110-02.5 117-04	111-08 (10 <sup>th</sup> ) 102-04 (10 <sup>th</sup> ) 112-01 (10 <sup>th</sup> )	148-04 125-0 127-08	158-02 153-01 151-07