NHSTFXCCA

NATIONAL HIGH SCHOOL TRACK & FIELD AND CROSS COUNTRY COACHES ASSOCIATION

2026 HIGH SCHOOL CROSS COUNTRY

Event	Girls	Boys
HS 3 Mile	18:18.00	15:30.00
HS 5K	19:00.00	16:15.00
MS 1.5 Mile	9:30.00	8:30.00
MS 3 Mile	19:50.00	17:20.00
MS 3K	11:30.00	10:30.00
MS 3200m	12:30.00	11:20.00
MS 5K	20:40.00	18:00.00

2026-27 HIGH SCHOOL INDOOR TRACK

Event	Girls	Boys
55m Dash	7.30	6.65
55m Hurdles	8.65	7.96
60m Dash	8.20	7.20
60m Hurdles	9.25	8.55
200m Dash	26.00	22.70
300m Dash	42.00	36.00
400m Dash	59.50	50.95
500m Run	1:19.00	1:07.00
600m Run	1:39.00	1:24.00
800m Run	2:20.50	1:58.50
1000m Run	3:04.00	2:34.00
1500m Run	4:50.00	4:05.00
1600m Run	5:10.00	4:23.00
1 Mile Run	5:10.00	4:23.00
3000m Run	10:25.00	8:48.00
3200m Run	11:14.00	9:25.00
2 Mile Run	11:15.00	9:30.00

Event	Girls	Boys
5000m Run	18:50.00	15:50.00
1500m Racewalk	8:35.00	8:00.00
1 Mile Racewalk	9:05.00	8:25.00
4x200m	1:46.00	1:32.00
4x400m	4:06.00	3:28.00
4x800m	9:42.00	8:09.00
4x1 Mile	22:00.00	18:15.00
SMR(2-2-4-8)	4:21.00	3:40.00
DMR	12:39.00	10:39.00
4x55m SHR	37.00	32.5
Long Jump	18-01	22-05
Triple Jump	37-05	44-09
High Jump	05-04	06-05
Pole Vault	11-10	15-00
Shot Put	38-00	53-00
Weight Throw	42-05	57-10
Pentathlon	3000	3200

2027 HIGH SCHOOL OUTDOOR TRACK

Event	Girls	Boys
100m Dash	11.84	10.70
100m/110m Hurdles	14.45	14.35
200 Dash	24.40	21.65
300m Int. Hurdles	43.50	38.25
400m Dash	55.85	48.00
400m Hurdles	62.50	54.25
800m Run	2:11.90	1:53.50
1000m Run	2:54.00	2:30.00
1500m Run	4:36.00	3:58.00
1600m Run	5:00.00	4:19.00
Mile	5:02.00	4:21.00
3000m Run	9:57.00	8:41.00
3200m Run	10:45.00	9:20.00
2 Mile	10:48.00	9:24.00
1600m Racewalk	8:10.00	7:45.00
2K Steeplechase	7:25.00	6:12.00
3K Steeplechase	11:45.00	9:50.00
4x100m	48.40	42.65

Event	Girls	Boys
4x200m	1:44.00	1:29.80
4x400m	3:58.00	3:20.50
4x800m	9:20.00	7:55.00
800m SMR	1:51.40	1:36.00
1600m SMR	4:11.00	3:33.00
DMR	12:30.00	10:19.50
4x1600m	21:17.00	17:45.00
100m/110m SHR	1:04.50	1:03.00
Long Jump	19-00	23-04
Triple Jump	38-06	47-00
High Jump	5-06.25	06-08
Pole Vault	12-05	15-06
Shot Put	43-00	56-00
Discus	128-00	165-00
Javelin	122-00	182-00
Hammer	129-02	160-08
Heptathlon/ Decathlon	4400	6000