NHSTFXCCA

NATIONAL HIGH SCHOOL TRACK & FIELD AND CROSS COUNTRY COACHES ASSOCIATION

2025 MIDDLE SCHOOL CROSS COUNTRY

Event	Girls	Boys
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

2025-26 MIDDLE SCHOOL INDOOR TRACK

Event	Girls	Boys
55m Dash	8.00	7.00
55m Hurdles	10.40	10.00
60m Dash	9.00	7.60
60m Hurdles	11.00	10.60
200m Dash	27.00	24.00
300m Dash	44.00	39.00
400m Dash	1:01.50	55.50
500m Run	1:21.00	1:13.00
600m Run	1:42.00	1:35.00
800m Run	2:26	2:12
1000m Run	3:10	2:52
1500m Run	5:05	4:31
1600m Run	5:30	4:53
1 Mile Run	5:32	4:55

Event	Girls	Boys
3000m Run	11:10	9:45
3200m Run	11:58	10:25
2 Mile Run	12:00	10:30
1500m Racewalk	9:50	8:45
1 Mile Racewalk	10:20	9:10
4x200m	1:58	1:42
4x400m	4:23	3:56
4x800m	10:52	9:30
Long Jump	16-00	19-00
Triple Jump	32-00	37-00
High Jump	4-10	05-06
Pole Vault	08-06	10-00
Shot Put	35-00	41-00
Pentathlon	1900	2000

2026 MIDDLE SCHOOL OUTDOOR TRACK

Event	Girls	Boys
100m Dash	12.60	11.50
100m/110m Hurdles	16.45	15.30
200 Dash	26.25	23.55
200m Hurdles	31.50	29.00
300m Int. Hurdles	50.00	42.00
400m Dash	59.80	54.50
400m Hurdles	1:12	1:05
800m Run	2:24	2:10
1500m Run	5:05	4:36
1600m Run	5:27	4:55
Mile	5:29	4:57
1600m Racewalk	10:00	9:00
3000m Run	11:00	9:35
3200m Run	11:48	10:17
2 Mile	11:53	10:21

Event	Girls	Boys
2K Steeplechase	9:30	8:00
4x100m	52.25	47.25
4x200m	1:55	1:38
4x400m	4:19	3:52
4x800m	10:40	9:22
Long Jump	16-00	19-00
Triple Jump	32-00	37-00
High Jump	4-10	05-06
Pole Vault	08-06	10-00
Shot Put	35-00	41-00
Discus	80-00	125-00
Aero Javelin 450gr	95-00	135-00
Javelin 600gr	85-00	125-00
Hammer	75-00	90-00
Pentathlon	1900	2000