

Knoxville Youth Athletics (for "meet place standards" please see below)

2024 Summer Competitive Track and Field Time Qualifying Standards (marks set 6/21/23 - 6/21/24)

Sprints		Girls							Boys						
Age (min 7)	8 &U	9-10	11-12	13-14	15-16	17-18	8 &U	9-10	11-12	13-14	15-16	17-18			
100m Dash	18.3	16.4	15.5	14.4	13.4	13.4	17.2	15.9	14.9	13.0	11.9	11.7			
200m Dash	37.2	34.5	32.8	29.1	27.5	27.5	34.8	33.4	30.8	27.3	23.9	23.5			
400m Dash	1:27	1:25	1:16.8	1:08.8	1:05.0	1:03.0	1:23.2	1:21.5	1:13.5	1:06	54.9	53.8			
80m Hurdles			18.2						17.8						
100m Hurdles				20.1	18	17.7				18.6					
110m Hurdles										18.4	17.4				
200m Hurdles				36.8						32					
300m Hurdles					1:06.5	1:03.3					55.2	51.1			
Distance		Girls							Boys						
Age (min 7)	8 &U	9-10	11-12	13-14	15-16	17-18	8 &U	9-10	11-12	13-14	15-16	17-18			
800m	3:50	3:30	3:23	2:50	2:44	2:39	3:44.8	3:12	2:55	2:38	2:16	2:09			
1500m		6:52	6:32	5:52	5:40	5:40		6:35	6:11	5:33	4:48	4:42			
1600m		7:19	6:58	6:15	6:03	6:03		7:01	6:36	5:55	5:07	5:05			
3000m			13:32	13:02	12:56	12:56			13:24	12:24	10:42	10:42			
3200m			14:26	13:54	13:48	13:48			14:18	13:14	11:15	11:15			
Jumps		Girls							Boys						
Age (min 7)	8 &U	9-10	11-12	13-14	15-16	17-18	8 &U	9-10	11-12	13-14	15-16	17-18			
High Jump		3' 0"	3' 4"	3' 8"	4' 4"	4' 8"		3' 2"	3' 8"	4' 2"	5' 2"	5' 8"			
Long Jump	6'10"	8' 11"	9' 6"	12' 9"	14' 4"	15' 2"	7'9"	9'7"	11' 5"	13' 0"	17' 9"	18' 9"			
Triple Jump				26' 9"	29' 4"	29' 4"				29' 4"	35' 0"	37' 8"			
Throws		Girls							Boys						
Age (min 7)	8 &U	9-10	11-12	13-14	15-16	17-18	8 &U	9-10	11-12	13-14	15-16	17-18			
Shot Put (4 lbs)	11'						16'2"								
Shot Put (6 lbs)		13' 0"	16' 1"	23' 7"				13' 11"	16' 3"						
Shot Put (4 kg)					27' 9"	27' 9"				27' 10"					
Shot Put 12bs											28' 4"	37' 9"			
Discus Throw (1 kg)			40' 10"	53' 7"	79' 1"	74' 4"			38' 6"	70' 0"					
Discus Throw (1.6 kg)											86' 4"	106' 4"			

“Meet Place” Standards listed below

You may also qualify for the competitive team by virtue of your place of finish in the following Championship Meets

- Top 8 Finish in the Knox County Middle School Championship Meet – 5/2-3/2024
- Top 4 Finish in the TMSSAA Sectional Middle School Championship Meet – 4/27/24
- Top 8 finish at the Knox County Elementary School Elite Championships – 4/25/24
- Top 8 finish at the KIL Championships 4/29-30/2024
- Top 8 finish at a 2024 TSSAA High School Sectional Championships (regardless of division)
- Qualified for an individual event in the 2023 AAU National Outdoor Championships
- Qualified for an individual event in the 2024 AAU Indoor National Championships

***** Javelin / Hammer Throwers will be selected from Throwers on the team unless you threw the javelin/hammer in competition on the competitive team in 2024 or in Scholastic competition. *****

***** All pole vaulters please contact Brent Smith 865-414-3724 for specific information on the Pole Vault *****

***** All relays will be chosen from those who have qualified for the team in individual events *****