



CHSCA
Girls & Boys Outdoor Track and Field
All-State Criteria *as of Spring 2022*

All-State Selection Criteria:

In order to earn All-State Outdoor Track and Field Team status, an athlete must either:

1. Win an event in a Class Championship, Open Championship, Heptathlon, Decathlon, Steeplechase, or Hammer Throw
2. Score 16 or more points in a Class Championship or Open Championship. (Points earned are from a single meet) Athletes competing on relays will earn the following points towards All-State for their participation on a placing relay team: 2nd place-6, 3rd place-5, 4th place-4, 5th place-3, 6th place- 2, 7th place-1, 8th place-1.
3. Earning All-New England by finishing in the Top 6 in an individual event at the New England Championships.

Gold Star Selection Criteria:

Athletes that win the State Open events *and the winners of the Specialty Event Championships(Heptathlon, Decathlon, Steeplechase, and Hammer Throw) will be named to the Gold Star All-State Team.

All-State Honorable Mention

Athletes that are not All-State and place in the Top 6 at the Open Championship will be All-State Honorable Mention. These athletes will not attend the banquet.

Events in Outdoor Track & Field-The following events are contested at the State Championships in Outdoor Track & Field:

Individual events

100m		Pole vault
200m	Shot	
400m	Discus	Heptathlon – girls only
800m	Javelin	Decathlon- boys only
1600m		Steeplechase :
3200m	Long Jump	boys -3,00m, Girls- 2,00m
100m hurdles	Triple jump	Hammer Throw
300m hurdles	High Jump	

Relay Event

- 4 x 100m
- 4 x 400m
- 4 x 800m

**Note: Added in Summer 2021, approved by executive board August 17, 2021*