

Track & Field Qualifying Standards 2019

	Boys	Event	Girls	
STATE	CIFSDS		CIFSDS	STATE
10.72	11.30	100 meters	12.82	11.94
21.81	22.75	200 meters	26.47	24.26
48.53	51.37	400 meters	1:01.05	55.62
1:54.54	2:00.39	800 meters	2:23.68	2:11.85
4:14.90	4:29.93	1600 meters	5:18.70	4:52.84
9:07.48	9:46.25	3200 meters	11:38.61	10:28.90
14.30	16.01	110/100 Hurdles	16.58	14.24
38.30	41.81	300 Hurdles	48.40	43.63
41.85	44.13	400 Relay	50.79	47.59
3:18.73	3:32.21	1600 Relay	4:15.12	3:50.90
22' 9"	21' 2"	Long Jump	16' 5"	18' 6"
46' 5"	41' 9"	Triple Jump	33' 11"	38' 10"
6' 4"	5' 10"	High Jump	4' 10"	5' 4"
14' 9"	12' 9"	Pole Vault	9' 0"	12' 0"
55' 3"	44' 6"	Shot Put	33' 0"	41' 4"
173' 1"	129' 2"	Discus	100' 11"	140' 11"

Note: CIFSDS mark must be meet in league finals to qualify for CIF

Note: STATE mark must be meet in CIF finals to qualify for STATE