

**CIF STATE Track & Field
Qualifying Standards 2016**

Boys		Girls
<u>CIFSDS</u>	<u>Event</u>	<u>CIFSDS</u>
10.73	100 meters	11.91
21.68	200 meters	24.18
48.25	400 meters	55.74
1:53.31	800 meters	2:11.47
4:15.36	1600 meters	4:54.91
9:07.63	3200 meters	10:35.25
14.32	110/100 Hurdles	14.11
38.37	300 Hurdles	42.95
41.95	400 Relay	47.32
3:18.01	1600 Relay	3:50.34
22' 6"	Long Jump	18' 1"
46' 5"	Triple Jump	38' 4"
6' 7"	High Jump	5' 5"
15' 0"	Pole Vault	11' 7"
56' 0"	Shot Put	41' 9"
168' 9"	Discus	133' 6"