



2009 Track & Field CCS Meet At-Large Standards

Updated 05/03/09

At-Large Entries will be admitted in accordance with [CCS Track & Field Bylaws Section 3.E.1 and 2](#). If an athlete does not qualify for the CCS Semi-Finals at his/her League Championship Meet, but **his/her mark is equal to or better than the average of the last-place qualifying mark to the CCS Finals from the three [3] most recent years**, then that athlete will be added to the CCS Semi-Final competition. This provision is for all events, including relay's.

| BOYS | | GIRLS | |
|-------------|-------------|-------------|-------------|
| EVENT | MARK | EVENT | MARK |
| 100 | 11.20 | 100 | 12.50 |
| 200 | 22.57 | 200 | 25.73 |
| 400 | 50.55 | 400 | 59.02 |
| 800 | 1:58.49 | 800 | 2:20.02 |
| 1600 | 4:26.50 | 1600 | 5:16.50 |
| 3200 | 9:47.59 | 3200 | 11:43.19 |
| 110 HH | 15.34 | 100 HH | 15.55 |
| 300 IH | 40.89 | 300 LH | 47.02 |
| 400 Relay | 43.68 | 400 Relay | 50.54 |
| 1600 Relay | 3:29.75 | 1600 Relay | 4:04.70 |
| Long Jump | 21' 07.05" | Long Jump | 16' 09.25" |
| Triple Jump | 43' 07.50" | Triple Jump | 35' 05.25" |
| High Jump | 6' 02.00" | High Jump | 5' 00.00" |
| Pole Vault | 13' 10.50" | Pole Vault | 9' 02.00" |
| Shot Put | 50' 05.25" | Shot Put | 34' 11.00" |
| Discus | 144' 03.00" | Discus | 106' 10.00" |