



2010 Track & Field CCS Meet At-Large Standards

Updated 11/07/09

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	11.17	100	12.54
200	22.62	200	25.73
400	50.49	400	58.86
800	1:58.13	800	2:20.00
1600	4:25.96	1600	5:17.79
3200	9:39.79	3200	11:36.68
110 HH	15.34	100 HH	15.54
300 IH	40.60	300 LH	46.74
400 Relay	43.59	400 Relay	50.16
1600 Relay	3:28.45	1600 Relay	4:04.79
Long Jump	21' 05.50"	Long Jump	16' 06.50"
Triple Jump	43' 07.75"	Triple Jump	35' 01.50"
High Jump	6' 02.5"	High Jump	5' 00.50"
Pole Vault	13' 08.50"	Pole Vault	9' 02.00"
Shot Put	49' 07.75"	Shot Put	35' 07.25"
Discus	143' 11.50"	Discus	109' 05.00"