



2010 Track & Field CIF Meet At-Large Standards

Updated November 7, 2009

BOYS		GIRLS	
EVENT	MARK	EVENT	MARK
100	10.70	100	11.96
200	21.56	200	24.40
400	48.57	400	56.15
800	1:55:02	800	2:13.96
1600	4:14.49	1600	4:57.44
3200	9:10.47	3200	10:45.62
110 HH	14.38	100 HH	14.28
300 IH	38.34	300 LH	43.89
400 Relay	42.01	400 Relay	47.66
1600 Relay	3:19.64	1600 Relay	3:53.15
Long Jump	22' 06.00"	Long Jump	18' 05.00"
Triple Jump	46' 02.00"	Triple Jump	38' 10.00"
High Jump	6' 06.00"	High Jump	5' 05.00"
Pole Vault	15' 00.00"	Pole Vault	11' 09.00"
Shot Put	55' 04.00"	Shot Put	40' 11.00"
Discus	169' 01.00"	Discus	135' 00.00"