

2024 CIF-SS Track & Field Minimum Standards (2nd and 3rd place @ league finals)

	D1-Boys		D1-Girls		D2-Boys		D2-Girls		D3-Boys		D3-Girls		D4-Boys		D4-Girls	
EVENT	FAT	HT	FAT	HT	FAT	HT	FAT	HT	FAT	HT	FAT	HT	FAT	HT	FAT	HT
100	11.14	10.9	12.74	12.5	11.44	11.2	13.14	12.9	11.64	11.4	13.44	13.2	11.54	11.3	13.14	12.9
200	22.74	22.5	26.54	26.3	23.44	23.2	27.04	26.8	23.54	23.3	27.54	27.3	23.74	23.5	27.64	27.4
400	51.64	51.4	1:01.14	1:00.9	53.34	53.2	1:02.94	1:02.7	53.34	53.1	1:04.74	1:04.5	54.74	54.5	1:04.14	1:03.9
800	2:00.04	1:59.8	2:25.64	2:25.4	2:06.14	2:05.9	2:29.14	2:28.9	2:05.14	2:04.9	2:35.14	2:34.9	2:13.04	2:12.8	2:38.14	2:37.9
1600	4:32.14	4:31.9	5:23.14	5:22.9	4:35.14	4:34.9	5:33.14	5:32.9	4:42.14	4:41.9	5:42.14	5:41.9	4:55.14	4:54.9	5:56.14	5:55.9
3200	9:52.14	9:51.9	12:01.14	12:00.9	10:11.14	10:10.9	12:14.14	12:13.9	10:31.14	10:30.9	12:45.04	12:44.8	10:58.14	10:57.9	13:20.14	13:19.8
100/110H	16.14	15.9	16.94	16.7	17.04	16.8	17.94	17.7	17.54	17.3	18.64	18.4	18.94	18.7	18.74	18.5
300H	41.54	41.3	48.54	48.3	43.74	43.5	51.54	51.3	44.84	44.6	52.14	51.9	46.24	46.0	52.84	52.6
400R	43.84	43.6	50.64	50.4	44.94	44.7	52.34	52.1	45.54	45.3	53.64	53.4	47.24	47.0	54.24	54.0
1600R	3:33.14	3:29.9	4:17.14	4:16.9	3:37.14	3:36.9	4:25.14	4:24.9	3:42.14	3:41.9	4:32.14	4:31.9	3:49.14	3:48.9	4:39.14	4:38.9
HJ		5-08		4-09		5-07		4-07		5-06		4-07		5-04		4-05
PV		11-03		9-00		9-06		7-06		8-09		7-00		7-06		6-03
LJ		20-06		16-00		20-03		15-10		19-03		14-06		19-00		15-03
TJ		41-00		33-00		40-00		32-08		37-03		29-06		37-06		30-00
SP		43-06		31-06		40-06		30-03		41-00		27-00		37-06		28-03
DIS		122-00		95-00		107-00		90-00		112-00		85-00		100-00		75-00

2024 CIF-SS At-Large Standards

	D1-Boys	D1-Boys	D1-Girls	D1-Girls	D2-Boys	D2-Boys	D2-Girls	D2-Girls	D3-Boys	D3-Boys	D3-Girls	D3-Girls	D4-Boys	D4-Boys	D4-Girls	D4-Girls
EVENT	FAT	HT	FAT	HT	FAT	HT	FAT	HT	FAT	HT	FAT	HT	FAT	HT	FAT	HT
100	10.87	10.6	12.18	11.9	10.90	10.6	12.37	12.1	11.01	10.7	12.49	12.2	11.09	10.8	12.59	12.3
200	22.10	21.8	24.88	24.6	22.22	21.9	25.41	25.1	22.19	21.9	25.56	25.3	22.69	22.4	25.79	25.5
400	49.84	49.6	57.65	57.4	50.27	50.0	59.19	58.9	50.50	50.2	61.21	60.9	52.38	52.1	60.88	60.6
800	1:56.77	1:56.5	2:17.77	2:17.5	1:59.53	1:59.2	2:20.31	2:20.0	2:00.36	2:00.1	2:22.26	2:22.0	2:03.07	2:02.8	2:26.15	2:25.9
1600	4:16.89	4:16.6	5:04.24	5:04.0	4:22.59	4:22.3	5:11.33	5:11.0	4:24.98	4:24.7	5:16.32	5:16.0	4:29.01	4:28.7	5:23.71	5:23.4
3200	9:19.66	9:19.4	11:03.60	11:03.3	9:25.41	9:25.1	11:28.35	11:28.1	9:39.52	9:39.2	11:24.38	11:24.1	9:49.38	9:49.1	11:52.52	11:52.2
100/110H	15.16	14.9	15.41	15.1	15.59	15.3	16.40	16.1	15.77	15.5	16.36	16.1	17.60	17.3	16.48	16.2
300H	40.19	39.9	46.51	46.2	41.13	40.8	47.79	47.5	41.76	41.5	48.63	48.3	44.39	44.1	49.48	49.2
400R	42.60	42.3	48.76	48.5	43.45	43.2	49.42	49.1	43.86	43.6	51.09	50.8	44.95	44.7	51.03	50.7
1600R	3:26.35	3:26.1	4:02.94	4:02.7	3:29.08	3:28.8	4:07.66	4:07.4	3:31.46	3:31.2	4:10.68	4:10.4	3:38.17	3:37.9	4:16.86	4:16.6
HJ		6-00		5-01		6-01		5-00		5-09		4-10		5-08		4-09
PV		13-07		11-02		13-00		9-11		11-10		9-02		9-09		8-07
LJ		21-04		17-05		20-10		16-07		20-08		16-02		19-11		16-06
TJ		43-02		35-11		42-07		34-06		41-05		33-01		39-11		33-02
SP		49-04		37-02		45-07		33-03		47-02		33-11		43-06		30-06
DIS		144-08		113-04		139-08		104-00		142-07		106-09		119-04		91-02