

CIF LA City Section- League Champion Standards

Event	Girls	Boys
100	13.5	11.5
200	28.0	24.0
400	1:07	55.0
800	2:40	2:09
1600	5:59	4:45
3200	13:30	10:30
110 Hurdles	19.9	18.9
300 Hurdles	55.0	46.9
4x100 Relay	54.5	46.5
4x400 Relay	4:40	3:46
4x800 Relay	12:00	9:30
High Jump	4-2	5-4
Pole Vault	6-6	9-0
Long Jump	14-0	17-9
Triple Jump	27-0	35-6
Shot Put	25-0	38-0