

COMMITTED TO DEVELOPING STUDENT-ATHLETES OF CHARACTER

CALIFORNIA INTERSCHOLASTIC FEDERATION

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 / NEWSLETTERS

TRACK & FIELD

Home / "At-Large" Standards / Blue Pages / Certificates / Playoff Calendar / Past Championship Results / More+

2022 "At-Large" Standards

California State Track and Field Championships 2022 "At-Large" Standards

	Boys	Girls
100	10.68	11.90
200	21.73	24.28
400	48.57	55.67
800	1:54.52	2:12.72
1600	4:14.91	4:52.84
3200	9:07.26	10:29.11
110/100 Hurdles	14.25	14.28
300 Hurdles	38.22	43.96
4x100 Relay	41.88	47.74
4x400 Relay	3:18.60	3:51.56
High Jump	6-06.00	5-05.00
Pole Vault	14-11.00	12-03.00
Long Jump	22-07.00	18-06.00
Triple Jump	46-01.00	39-02.00
Shot Put	56-04.00	42-00.00
Discus	171-0	144-5



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YOUR DEGREE



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