

2023 "At-Large" Standards

California State Track and Field Championships 2023 "At-Large" Standards

	Boys	Girls
100	10.66	11.96
200	21.66	24.50
400	48.53	55.84
800	1:53.96	2:13.20
1600	4:13.89	4:52.85
3200	9:05.52	10:29.56
110/100 Hurdles	14.36	14.56
300 Hurdles	38.66	43.92
4x100 Relay	41.85	47.90
4x400 Relay	3:19.48	3:53.17
High Jump	6-05	5-05
Pole Vault	15-00	12-03
Long Jump	22-07	18-07
Triple Jump	45-11	38-06
Shot Put	56-05	41-05
Discus	171-00	139-06