

**CENTRAL COAST SECTION
2025
Track Field At-large Standards**

<u>Boys</u>	<u>2022</u>	<u>2023</u>	<u>2024</u>	<u>Avg.</u>	<u>2024</u>					
100	10.97	10.86	11.15	10.99	10.99					
200	22.09	22.04	22.29	22.14	22.14					
400	50.33	49.67	50.23	50.08	50.08					
800	01:57.09	01:57.18	01:59.37	1:57.88	1:57.88					
1600	04:22.65	04:21.71	04:21.42	4:21.93	4:21.93					
3200	09:36.92	09:33.24	09:33.51	9:35.08	9:35.08					
110HH	15.4	15.39	15.29	15.36	15.36					
300IH	41.47	40.83	40.79	41.03	41.03					
400R	43.18	42.86	42.87	42.97	42.97					
1600R	3:30.32	3:29.38	3:25.78	3:28.49	3:28.49					
						<u>2022 in inches</u>	<u>2023 in inches</u>	<u>2024 in inches</u>	<u>avg in inches</u>	<u>avg in feet</u>
LJ	20'10.00	21'06.00	21'05.75	<i>see right</i>	21'3.25	250	258	257.75	255.250	21.27083
TJ	41'09.00	42'10	42'11	<i>see right</i>	42'6	501	514	515	510.000	42.5
HJ	6'2	6'0	6'0	<i>see right</i>	6'0	74	72	72	72.667	6.055556
PV	12'6	13'0	13'6	<i>see right</i>	13'0	150	156	162	156.000	13
Shot	44'08.00	46'10	50'2	<i>see right</i>	47'2.5	536	562	602	566.667	47.22222
Disc	134'04	139'3	143'1	<i>see right</i>	138'10	1612	1671	1717	1666.667	138.8889

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<u>Girls</u>	<u>2022</u>	<u>2023</u>	<u>2024</u>	<u>Avg.</u>	<u>2024</u>					
100	12.55	12.63	12.8	12.66	12.66					
200	25.92	25.71	25.86	25.83	25.83					
400	59.45	59	58.4	58.95	58.95					
800	02:18.71	02:17.96	02:16.83	2:17.83	02:17.83					
1600	05:07.07	05:07.64	05:04.94	5:06.55	05:06.55					
3200	11:27.54	11:38.74	11:28.84	11:31.71	11:31.71					
100HH	15.72	15.91	15.66	15.76	15.76					
300LH	47.5	46.67	45.88	46.68	46.68					
400R	50.31	50.27	49.76	50.11	50.11					
1600R	04:14.44	04:08.00	04:02.15	4:08.20	04:08.20					
						<u>2022 in inches</u>	<u>2023 in inches</u>	<u>2024 in inches</u>	<u>avg in inches</u>	<u>avg in feet</u>
LJ	16'10.00	16'9	17'1	<i>see right</i>	16'10.5	202	201	205	202.667	16.88889
TJ	34'08.00	35'7	35'4	<i>see right</i>	35'2.25	416	427	424	422.333	35.19444
HJ	5'0	5'2	5'0	<i>see right</i>	5'0	60	62	60	60.667	5.055556
PV	9'0	10'0	10'0	<i>see right</i>	9'8	108	120	120	116.000	9.666667
Shot	33'07.50	33'10	34'8.50	<i>see right</i>	34'0.5	403.5	406	416.5	408.667	34.05556
Disc	102'06	107'9	109'5	<i>see right</i>	106'6	1230	1293	1313	1278.667	106.5556

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<i>avg in ft/in</i>
21'3.25
42'6
6'0
13'0
47'2.5
138'10

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<i>avg in ft/in</i>
16'10.5
35'2.25
5'0
9'08
34'0.5
106'6