2025 "At-Large" Standards

California State Track and Field Championships 2024 "At-Large" Standards

	Boys	Girls
100	10.59	11.84
200	21.44	24.48
400	48.35	55.95
800	1:53.64	2:12.54
1600	4:12.98	4:52.17
3200	9:03.03	10:30.96
110/100 Hurdles	14.45	14.37
300 Hurdles	38.68	43.78
4x100 Relay	41.69	47.56
4x400 Relay	3:20.42	3:53.73
High Jump	6-06	5-06
Pole Vault	15-02	12-03
Long Jump	22-11.25	18-03.50
Triple Jump	45-10.50	37-06.00
Shot Put	55-4.50	40-05.50
Discus	175-5.00	135-7.00