

# CENTRAL COAST SECTION

## 2016

### Track Field At-large Standards-current CCS Rule

| <b><u>Boys</u></b> | <b><u>2013</u></b> | <b><u>2014</u></b> | <b><u>2015</u></b> | <b><u>Avg.</u></b> | <b><u>2016</u></b> |                       |                       |                       |                      |                    |                     |
|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-----------------------|-----------------------|-----------------------|----------------------|--------------------|---------------------|
| 100                | 11.27              | 11.15              | 11.03              | 11.150             | 11.15              |                       |                       |                       |                      |                    |                     |
| 200                | 22.33              | 22.42              | 22.41              | 22.387             | 22.39              |                       |                       |                       |                      |                    |                     |
| 400                | 49.57              | 50.28              | 51.24              | 50.363             | 50.37              |                       |                       |                       |                      |                    |                     |
| 800                | 1:56.41            | 1:58.24            | 1:56.37            | 01:57.007          | 1:57.01            |                       |                       |                       |                      |                    |                     |
| 1600               | 4:23.72            | 4:21.66            | 4:23.10            | 04:22.827          | 4:22.83            |                       |                       |                       |                      |                    |                     |
| 3200               | 9:30.27            | 9:26.20            | 9:32.70            | 09:29.723          | 9:29.73            |                       |                       |                       |                      |                    |                     |
| 110HH              | 15.34              | 15.02              | 15.47              | 15.27666667        | 15.28              |                       |                       |                       |                      |                    |                     |
| 300IH              | 40.33              | 39.66              | 40.28              | 40.09              | 40.09              |                       |                       |                       |                      |                    |                     |
| 400R               | 43.25              | 44.12              | 43.53              | 43.63333333        | 43.64              |                       |                       |                       |                      |                    |                     |
| 1600R              | 3:28.03            | 3:28.04            | 3:27.91            | 03:27.993          | 3:28.00            |                       |                       |                       |                      |                    |                     |
|                    |                    |                    |                    |                    |                    | <u>2013 in inches</u> | <u>2014 in inches</u> | <u>2015 in inches</u> | <u>avg in inches</u> | <u>avg in feet</u> | <u>avg in ft/in</u> |
| LJ                 | 21'08.0            | 21'06.0            | 21'00.5            | see right          | 21'5               | 260                   | 258                   | 252.5                 | 256.833              | 21.40278           | 21'5                |
| TJ                 | 43'09.00           | 43.3.75            | 42'04              | see right          | 43'1.5             | 525                   | 519.75                | 508                   | 517.583              | 43.13194           | 43'01,5             |
| HJ                 | 6'0                | 6'4                | 6'2                | see right          | 6'2                | 72                    | 76                    | 74                    | 74.000               | 6.166667           | 6'2                 |
| PV                 | 12'6               | 13'0               | 13'6               | see right          | 13'0               | 150                   | 156                   | 162                   | 156.000              | 13                 | 13'0                |
| Shot               | 47'04.25           | 48'2               | 47'00              | see right          | 47'6               | 568.25                | 578                   | 564                   | 570.083              | 47.50694           | 47'6                |
| Disc               | 145'02             | 146'5              | 142'03             | see right          | 144'7              | 1742                  | 1757                  | 1707                  | 1735.333             | 144.6111           | 144'7               |
|                    |                    |                    |                    |                    |                    |                       |                       |                       |                      |                    |                     |

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| <b><u>Girls</u></b> | <b><u>2013</u></b> | <b><u>2014</u></b> | <b><u>2015</u></b> | <b><u>Avg.</u></b> | <b><u>2016</u></b> |                       |                       |                       |                      |                    |                     |
|---------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-----------------------|-----------------------|-----------------------|----------------------|--------------------|---------------------|
| 100                 | 12.71              | 12.51              | 12.34              | 12.52              | <b>12.52</b>       |                       |                       |                       |                      |                    |                     |
| 200                 | 25.30              | 25.35              | 25.47              | 25.37333333        | <b>25.38</b>       |                       |                       |                       |                      |                    |                     |
| 400                 | 58.4               | 59                 | 59.45              | 58.95              | <b>58.95</b>       |                       |                       |                       |                      |                    |                     |
| 800                 | 02:17.87           | 02:18.24           | 02:16.42           | 2:17.51            | <b>2:17.51</b>     |                       |                       |                       |                      |                    |                     |
| 1600                | 05:04.69           | 05:05.73           | 05:05.24           | 5:05.22            | <b>5:05.22</b>     |                       |                       |                       |                      |                    |                     |
| 3200                | 11:26.16           | 11:04.16           | 11:12.49           | 11:14.27           | <b>11:14.27</b>    |                       |                       |                       |                      |                    |                     |
| 100HH               | 15.93              | 15.23              | 15.62              | 15.59333333        | <b>15.60</b>       |                       |                       |                       |                      |                    |                     |
| 300LH               | 46.39              | 45.55              | 46.96              | 46.3               | <b>46.30</b>       |                       |                       |                       |                      |                    |                     |
| 400R                | 50.09              | 49.24              | 49.08              | 49.47              | <b>49.47</b>       |                       |                       |                       |                      |                    |                     |
| 1600R               | 04:04.67           | 04:03.02           | 04:04.48           | 04:04.06           | <b>4:04.06</b>     |                       |                       |                       |                      |                    |                     |
|                     |                    |                    |                    |                    |                    | <u>2013 in inches</u> | <u>2014 in inches</u> | <u>2015 in inches</u> | <u>avg in inches</u> | <u>avg in feet</u> | <u>avg in ft/in</u> |
| LJ                  | 17'3.5             | 17'3.25            | 16'9               | see right          | <b>17'1.25</b>     | 207.5                 | 207.25                | 201                   | 205.250              | 17.10417           | 17'1.25             |
| TJ                  | 35'10.0            | 35'0.5             | 36'2.5             | see right          | <b>35'4</b>        | 430                   | 407.5                 | 434.5                 | 424.000              | 35.33333           | 35'4                |
| HJ                  | 5'0                | 5'0                | 5'2                | see right          | <b>5'0</b>         | 60                    | 60                    | 62                    | 60.667               | 5.055556           | 5'0                 |
| PV                  | 10'6               | 10'6               | 10'6               | see right          | <b>10'6</b>        | 126                   | 126                   | 126                   | 126.000              | 10.5               | 10'6                |
| Shot                | 37'02.0            | 34'9               | 36'10              | see right          | <b>36'3</b>        | 446                   | 417                   | 442                   | 435.000              | 36.25              | 36'3                |
| Disc                | 107'06             | 112'10             | 113'6              | see right          | <b>111'3</b>       | 1290                  | 1354                  | 1362                  | 1335.333             | 111.2778           | 111'3               |