

2026 "At-Large" Standards

California State Track and Field Championships 2026 "At-Large" Standards

	Boys	Girls
100	10.56	11.77
200	21.35	24.32
400	48.11	55.60
800	1:53.13	2:11.70
1600	4:11.75	4:52.04
3200	9:02.48	10:29.42
110/100 Hurdles	14.33	14.28
300 Hurdles	38.28	43.36
4x100 Relay	41.68	47.18
4x400 Relay	3:18.18	3:51.67
High Jump	6-06	5-06
Pole Vault	15-06	12-02
Long Jump	22-11.00	18-02.75
Triple Jump	46-4.75	38-0.50
Shot Put	55-10.50	41-0.00
Discus	173-7.00	139-5.00