

2020 CIF-SS TRACK AND FIELD

MINIMUM STANDARDS FOR 2ND AND 3RD PLACE IN LEAGUE FINALS - 2020								
	D1-BOYS	D1-BOYS	D1-GIRLS	D1-GIRLS	D2-BOYS	D2-BOYS	D2-GIRLS	D2-GIRLS
EVENT	FAT	HT	FAT	HT	FAT	HT	FAT	HT
100	11.14	10.9	12.84	12.6	11.34	11.1	13.24	13.0
200	22.84	22.6	26.44	26.2	23.14	22.9	27.24	27.0
400	51.34	51.1	1:01.14	1:00.9	53.34	53.1	1:02.94	1:02.7
800	2:00.14	1:59.9	2:27.14	2:26.9	2:04.14	2:03.9	2:28.14	2:27.9
1600	4:31.94	4:31.7	5:21.94	5:21.7	4:35.54	4:35.3	5:32.04	5:31.8
3200	9:54.84	9:54.6	11:59.14	11:58.9	10:03.94	10:03.7	12:12.74	12:12.5
110/100HH	16.24	16.0	16.84	16.6	16.54	16.3	17.74	17.5
300IH/LH	41.54	41.3	48.64	48.4	43.04	42.8	51.24	51.0
400R	43.74	43.5	50.64	50.4	45.04	44.8	52.24	52.0
1600R	3:31.94	3:31.7	4:16.14	4:15.9	3:34.54	3:34.3	4:22.34	4:24.1
HJ		5-10		4-09		5-08		4-08
PV		12-00		9-00		10-00		8-00
LJ		20-07		16-00		20-03		16-00
TJ		41-06		33-00		40-06		32-08
SHOT		44-00		32-00		42-05		31-08
DISCUS		130-00		95-00		118-00		96-00
	D3-BOYS	D3-BOYS	D3-GIRLS	D3-GIRLS	D4-BOYS	D4-BOYS	D4-GIRLS	D4-GIRLS
EVENT	FAT	HT	FAT	HT	FAT	HT	FAT	HT
100	11.54	11.3	13:34	13.1	11.64	11.4	13:44	13.2
200	23.44	23.2	27.34	27.1	23.84	23.6	27.94	27.7
400	53.24	53.0	1:04.34	1:04.1	54.54	54.3	1:05.04	1:04.8
800	2:06.04	2:05.8	2:35.54	2:35.3	2:12.84	2:12.6	2:40.64	2:40.4
1600	4:41.24	4:41.0	5:40.44	5:40.2	4:58.14	4:57.9	6:00.34	6:00.1
3200	10:30.54	10:30.3	12:45.04	12:44.8	11:02.14	11:01.9	13:28.14	12:27.9
110/100HH	17.24	17.0	18.54	18.3	18:84	18.6	18.94	18.7
300IH/LH	44.04	43.8	51.94	51.7	46:04	45.8	52.94	52.7
400R	45.04	44.8	53.14	52.9	47.14	46.9	54.24	54.0
1600R	3:41.04	3:40.8	4:31.04	4:30.8	3:50.44	3:50.2	4:40	4:39.7
HJ		5-08		4-06		5-04		4-06
PV		9-00		7-00		9-00		7-00
LJ		19-08		15-00		19-02		14-10
TJ		38-08		29-06		37-10		30-05
SHOT		41-10		25-06		38-06		28-10
DISCUS		115-05		84-00		100-00		80-00
								1/27/2020
						Updated		1/28/2020

2020 CIF-SS TRACK AND FIELD

QUALIFYING STANDARDS FOR AT-LARGE AND FREELANCE ENTRIES - 2020								
	D1-BOYS	D1-BOYS	D1-GIRLS	D1-GIRLS	D2-BOYS	D2-BOYS	D2-GIRLS	D2-GIRLS
EVENT	FAT	HT	FAT	HT	FAT	HT	FAT	HT
100	10.91	10.6	12.35	12.1	10.97	10.7	12.22	11.9
200	22.00	21.7	24.87	24.6	22.10	21.9	25.13	24.8
400	49.29	49.0	57.16	56.9	50.12	49.8	58.30	58.0
800	1:56.27	1:56.0	2:16.33	2:16.0	1:58.05	1:57.8	2:20.08	02:19.8
1600	4:18.56	4:18.3	5:00.99	5:00.7	4:21.28	4:21.0	5:13.34	05:13.1
3200	9:14.85	9:14.6	11:01.13	11:00.8	9:32.42	9:32.1	11:10.61	11:10.3
110/100H	15.06	14.8	15.32	15.0	15.18	14.9	15.50	15.2
300IH/LH	39.31	39.0	46.07	45.8	40.12	39.8	46.68	46.4
400R	42.74	42.5	48.32	48.0	43.21	42.9	49.10	48.8
1600R	3:20.96	3:20.7	3:57.93	3:57.6	3:26.01	3:25.7	4:01.48	04:01.2
HJ	6-03		5-02		6-02		5-01	
PV	14-03		11-00		13-05		10-08	
LJ	21-09		17-05		21-06		17-01	
TJ	44-02		36-03		43-00		35-06	
SHOT	50-10		37-05		50-05		37-02	
DISCUS	153-11		119-06		154-08		119-02	
	D3-BOYS	D3-BOYS	D3-GIRLS	D3-GIRLS	D4-BOYS	D4-BOYS	D4-GIRLS	D4-GIRLS
EVENT	FAT	HT	FAT	HT	FAT	HT	FAT	HT
100	10.95	10.7	12.38	12.1	11.14	10.8	12.73	12.4
200	22.29	22	25.33	25.0	22.77	22.5	25.86	25.6
400	50.70	50.4	58.71	58.4	51.34	51.1	59.58	59.3
800	1:59.39	1:59.1	2:20.91	2:20.6	2:00.25	2:00.1	2:19.64	2:19.4
1600	4:25.29	4:25.0	5:12.65	5:12.4	4:29.88	4:29.6	5:15.43	5:15.1
3200	9:38.73	9:38.5	11:21.76	11:21.5	9:54.42	9:54.1	11:29.49	11:29.2
110/100H	15.38	15.1	15.71	15.4	16.31	16.1	16.24	16.0
300IH/LH	40.97	40.7	47.13	46.8	42.38	42.1	48.48	48.2
400R	43.47	43.2	49.70	49.4	44.24	44.0	50.75	50.5
1600R	3:27.96	3:27.7	4:06.29	4:06.0	3:32.16	3:31.9	4:14.56	4:14.3
HJ	6-00		5-01		5-11		5-00	
PV	12-08		9-06		10-08		9-04	
LJ	21-00		16-11		20-06		16-03	
TJ	42-04		34-11		41-02		34-02	
SHOT	48-01		33-06		44-06		33-06	
DISCUS	145-08		107-06		125-09		102-00	