

Qualifying Marks

Area Meet

Boys

Girls

	(FAT)	(Hand)		(FAT)	(Hand)		(FAT)	(Hand)		(FAT)	(Hand)
100m	11.44	11.2	200m	23.74	23.5	100m	13.34	13.1	200m	28.04	27.8
400m	53.14	53.0	800m	2:03.14	2:03.0	400m	64.64	64.5	800m	2:38.14	2:38.0
1600m	4:41.14	4:41.0	3200m	10:15.14	10:15.0	1600m	5:50.14	5:50.0	3200m	13:00.14	13:00.0
110m HH	16.54	16.3	300mIH	42.04	41.8	110m HH	18.14	17.9	300mIH	52.74	52.5
4 x 100	45.34	45.2	4x400	3:36.14	3:36.0	4 x 100	54.14	54.0	4x400	4:34.14	4:34.0
Long Jump	20'6"		Triple Jump	42'0"		Long Jump	15'0"		Triple Jump	32'0"	
Shot Put	47'0"		Discus	140'0"		Shot Put	31'6"		Discus	95'0"	
High Jump	6'0"		Pole Vault	12'0"		High Jump	4'8"		Pole Vault	8'6"	

NOTE:

Top 4 finishers qualify for Valley (Section) meet
Next 3 best marks in All Area meets also qualify

Valley Meet

Top 3 finishers qualify for California State Meet in Sacramento
(or meet the mark below at the Valley meet)

California State Meet

(Any athlete who meets the following "at large" marks in the Section (Valley) meet also qualifies to this meet

<u>Boys</u>				<u>Girls</u>			
100m	10.74	200m	21.78	100m	12.02	200m	24.35
400m	48.69	800m	1:55.49	400m	56.23	800m	2:13.98
1600m	4:17.02	3200m	9:15.77	1600m	5:01.50	3200m	10:51.27
110m HH	14.56	300mIH	38.68	100m H	14.49	300mIH	44.40
4x100 relay	42.01	4x400m relay	3:19.27	4x100 relay	47.80	4x400m relay	3:55.15
Long Jump	22'10.5"	Triple Jump	46'9.5"	Long Jump	18'2"	Triple Jump	38'4.5"
Shot Put	56'8"	Discus	169'11"	Shot Put	43'0"	Discus	139'2"
High Jump	6'6.5"	Pole Vault	14'7.5"	High Jump	5'4.75"	Pole Vault	1'7.5"

Opportunity knocks...

Some people dream of success...others wake up and work hard to achieve it!

Make it happen for you----

The difference between a successful person and all the others is not a lack of strength, not a lack of knowledge, not a lack of ability, but rather it is a lack of will.