

## 2009 Sac Joaquin Section Track and Field Divisional Meet At Large Standards

An athlete shall earn an at-large entry into the Divisional Meet if his/her mark at the final league competition (which qualifies entrants to the Divisional Meets) is equal to or better than the combined average from all three Divisional Meet Finals of the average 6th place finisher for the three most recent years.

2009 Divisional Boys Standards		2009 Divisional Girls Standards	
100 Meters	11.27	100 Meters	13.02
200 Meters	22.89	200 Meters	26.43
400 Meters	51.25	400 Meters	60.42
800 Meters	2:01.70	800 Meters	2:25.77
1600 Meters	4:31.47	1600 Meters	5:22.53
3200 Meters	9:54.15	3200 Meters	11:50.44
110 Hurdles	15.80	100 Hurdles	16.67
300 Hurdles	41.33	300 Hurdles	48.45
4 x 100 Relay	43.99	4 x 100 Relay	51.35
4 x 400 Relay	3:29.89	4 x 400 Relay	4:12.33
High Jump	6-01	High Jump	4-11
Pole Vault	13-02	Pole Vault	9-02
Long Jump	21-02	Long Jump	16-06
Triple Jump	43-07	Triple Jump	34-03
Shot Put	46-10	Shot Put	33-10
Discus	140-01	Discus	108-06