

2026 Sac Joaquin Section Track and Field Division I 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 average 8th place finisher in the DI Finals for the three most recent years.

| 2026 DI Boys Standards | |
|------------------------|---------|
| 100 Meters | 10.98 |
| 200 Meters | 22.66 |
| 400 Meters | 50.95 |
| 800 Meters | 1:59.10 |
| 1600 Meters | 4:25.79 |
| 3200 Meters | 9:43.80 |
| 110 Hurdles | 15.83 |
| 300 Hurdles | 42.01 |
| 4 x 100 Relay | 43.85 |
| 4 x 400 Relay | 3:28.91 |
| High Jump | 6-0 |
| Pole Vault | 12-08 |
| Long Jump | 21-03 |
| Triple Jump | 42-09 |
| Shot Put | 46-08 |
| Discus | 136-03 |

| 2026 DI Girls Standards | |
|-------------------------|----------|
| 100 Meters | 12.65 |
| 200 Meters | 26.28 |
| 400 Meters | 60.02 |
| 800 Meters | 2:21.07 |
| 1600 Meters | 5:13.35 |
| 3200 Meters | 11:26.72 |
| 100 Hurdles | 16.35 |
| 300 Hurdles | 48.05 |
| 4 x 100 Relay | 50.87 |
| 4 x 400 Relay | 4:10.80 |
| High Jump | 5-00 |
| Pole Vault | 9-02 |
| Long Jump | 16-05 |
| Triple Jump | 34-10 |
| Shot Put | 32-08 |
| Discus | 109-05 |