

2026 Sac Joaquin Section Track and Field Division IV-V 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 6th place finisher in the DIV-V Finals for the three most recent years.

| 2026 DIV-V Boys Standards | |
|---------------------------|---------|
| 100 Meters | 11.14 |
| 200 Meters | 22.96 |
| 400 Meters | 51.55 |
| 800 Meters | 2:02.68 |
| 1600 Meters | 4:33.54 |
| 3200 Meters | 9:52.04 |
| 110 Hurdles | 15.88 |
| 300 Hurdles | 41.89 |
| 4 x 100 Relay | 43.95 |
| 4 x 400 Relay | 3:32.52 |
| High Jump | 5-11 |
| Pole Vault | 12-06 |
| Long Jump | 20-11 |
| Triple Jump | 42-04 |
| Shot Put | 47-01 |
| Discus | 137-02 |

| 2026 DIV-V Girls Standards | |
|----------------------------|----------|
| 100 Meters | 12.72 |
| 200 Meters | 26.62 |
| 400 Meters | 61.58 |
| 800 Meters | 2:28.18 |
| 1600 Meters | 5:28.6 |
| 3200 Meters | 12:12.01 |
| 100 Hurdles | 16.58 |
| 300 Hurdles | 48.79 |
| 4 x 100 Relay | 50.97 |
| 4 x 400 Relay | 4:17.91 |
| High Jump | 5-00 |
| Pole Vault | 9-03 |
| Long Jump | 16-11 |
| Triple Jump | 33-08 |
| Shot Put | 32-11 |
| Discus | 102-01 |