

2019 Sac Joaquin Section Track and Field Masters Meet At Large Standards

An athlete shall earn an at-large entry into the Masters Meet if his/her mark at the final divisional competition (which qualifies entrants to the Masters Meet) is equal to or better than the average of the **ninth place** qualifying marks from the Masters Meet finals from the three most recent years.

2019 Boys Standards	
100 Meters	11.05
200 Meters	22.58
400 Meters	49.90
800 Meters	1:57.96
1600 Meters	4:25.94
3200 Meters	9:30.33
110 Hurdles	15.08
300 Hurdles	40.00
4 x 100 Relay	43.00
4 x 400 Relay	3:25.51
High Jump	6-01
Pole Vault	14-02
Long Jump	21-10
Triple Jump	43-09
Shot Put	49-06
Discus	141-04

2019 Girls Standards	
100 Meters	12.52
200 Meters	25.94
400 Meters	57.91
800 Meters	2:18.78
1600 Meters	5:05.86
3200 Meters	10:58.99
100 Hurdles	15.39
300 Hurdles	45.99
4 x 100 Relay	48.91
4 x 400 Relay	4:03.57
High Jump	5-02
Pole Vault	10-03
Long Jump	17-04
Triple Jump	36-01
Shot Put	35-11
Discus	113-07