

**California State Track and Field
Championships 2019 "At-Large" Standards**

	Boys	Girls
100	10.72	11.94
200	21.81	24.26
400	48.53	55.62
800	1:54.54	2:11.85
1600	4:14.90	4:52.84
3200	9:07.48	10:28.90
110/100 Hurdles	14.30	14.24
300 Hurdles	38.30	43.63
4x100 Relay	41.85	47.59
4x400 Relay	3:18.73	3:50.90
High Jump	6-04.00	5-04.00
Pole Vault	14-09.00	12-00.00
Long Jump	22-09.00	18-06.00
Triple Jump	46.05.00	38-10.00
Shot Put	55-03.00	41.04.00
Discus	173-01	140-11