

**California State Track and Field
Championships 2020 "At-Large" Standards**

	Boys	Girls
100	10.68	11.90
200	21.73	24.28
400	48.57	55.67
800	1:54.52	2:12.72
1600	4:14.91	4:52.84
3200	9:07.26	10:29.11
110/100 Hurdles	14.25	14.28
300 Hurdles	38.22	43.96
4x100 Relay	41.88	47.74
4x400 Relay	3:18.60	3:51.56
High Jump	6-05.00	5-05.00
Pole Vault	15-01.00	12-02.00
Long Jump	22-10.00	18-09.00
Triple Jump	46.06.00	39-05.00
Shot Put	56-11.00	43-01.00
Discus	175-05	147-02