

## 2024 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.

2024 Boys Standards	
100 Meters	10.99
200 Meters	22.60
400 Meters	50.42
800 Meters	1:59.63
1600 Meters	4:28.13
3200 Meters	9:30.27
110 Hurdles	15.58
300 Hurdles	40.80
4 x 100 Relay	43.34
4 x 400 Relay	3:27.22
High Jump	6-01
Pole Vault	13-10
Long Jump	21-01
Triple Jump	43-09
Shot Put	46-04
Discus	140-01

2024 Girls Standards	
100 Meters	12.37
200 Meters	25.56
400 Meters	59.25
800 Meters	2:20.11
1600 Meters	5:17.40
3200 Meters	11:12.86
100 Hurdles	15.53
300 Hurdles	47.26
4 x 100 Relay	49.44
4 x 400 Relay	4:07.11
High Jump	5-01
Pole Vault	10-05
Long Jump	16-11
Triple Jump	36-02
Shot Put	36-02
Discus	109-01