

2025 Sac Joaquin Section Track and Field Division I 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 8th place finisher in the DI Finals for the three most recent years.

2025 DI Boys Standards	
100 Meters	11.08
200 Meters	22.82
400 Meters	51.64
800 Meters	1:59.60
1600 Meters	4:23.56
3200 Meters	9:43.98
110 Hurdles	15.90
300 Hurdles	42.10
4 x 100 Relay	44.35
4 x 400 Relay	3:31.07
High Jump	5-11
Pole Vault	13-02
Long Jump	20-11
Triple Jump	41-07
Shot Put	45-07
Discus	133-03

2025 DI Girls Standards	
100 Meters	12.89
200 Meters	26.48
400 Meters	60.82
800 Meters	2:21.06
1600 Meters	5:12.84
3200 Meters	11:29.78
100 Hurdles	16.43
300 Hurdles	48.76
4 x 100 Relay	51.10
4 x 400 Relay	4:13.97
High Jump	5-00
Pole Vault	9-06
Long Jump	16-07
Triple Jump	34-07
Shot Put	32-07
Discus	105-10