

2025 Sac Joaquin Section Track and Field Division III 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 6th place finisher in the DIII Finals for the three most recent years.

2025 DIII Boys Standards	
100 Meters	11.30
200 Meters	22.74
400 Meters	51.38
800 Meters	2:02.17
1600 Meters	4:28.31
3200 Meters	9:31.19
110 Hurdles	16.01
300 Hurdles	41.71
4 x 100 Relay	44.09
4 x 400 Relay	3:30.98
High Jump	5-10
Pole Vault	11-07
Long Jump	20-06
Triple Jump	41-08
Shot Put	47-00
Discus	137-00

2025 DIII Girls Standards	
100 Meters	12.76
200 Meters	24.86
400 Meters	57.39
800 Meters	2:24.56
1600 Meters	5:22.92
3200 Meters	11:41.27
100 Hurdles	16.16
300 Hurdles	47.69
4 x 100 Relay	50.31
4 x 400 Relay	4:10.22
High Jump	4-11
Pole Vault	9-01
Long Jump	16-03
Triple Jump	33-11
Shot Put	34-02
Discus	106-03