

2025 Sac Joaquin Section Track and Field Division IV-V 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 DIV-V Finals for the three most recent years.

2025 DIV-V Boys Standards	
100 Meters	11.12
200 Meters	22.94
400 Meters	52.45
800 Meters	2:03.56
1600 Meters	4:31.55
3200 Meters	10:02.31
110 Hurdles	16.04
300 Hurdles	42.42
4 x 100 Relay	44.25
4 x 400 Relay	3:34.61
High Jump	5-11
Pole Vault	12-04
Long Jump	20-09
Triple Jump	41-08
Shot Put	45-08
Discus	131-00

2025 DIV-V Girls Standards	
100 Meters	12.79
200 Meters	26.91
400 Meters	62.18
800 Meters	2:29.84
1600 Meters	5:33.65
3200 Meters	11:42.31
100 Hurdles	16.97
300 Hurdles	49.69
4 x 100 Relay	51.40
4 x 400 Relay	4:19.52
High Jump	4-11
Pole Vault	9-00
Long Jump	16-10
Triple Jump	33-05
Shot Put	32-11
Discus	103-07