

# California HS State Meet Rules Changes

## Imperial / Metric Distances

1915-1979: races run in yards (Imperial)

1980→now: all races changed from Imperial to Metric distances

## 220yd Dash

1915-1966: race run on a straitaway

1967→now: race run on a curve

## High Hurdles

BHH - 1915-1938: 120yd (42")

BHH - 1939-1979: 120yd (39")

BHH - 1980→now: 110m (39")

GLH - 1974-1976: 80y (30")

GLH - 1977-1979: 110y (30")

GLH - 1980-1992: 100m (30")

GHH - 1993→now: 100m (33")

## Low/Intermediate Hurdles

BLH - 1915-1946: 30" hurdles on a 220yd straightaway.

BLH - 1946-1974: 30" hurdles on a 180yd straightaway.

BLH - 1975-1979: 30" hurdles moved to 330yd

BLH - 1980-1983: 30" hurdles moved to 300m

BIH - 1984→now: 36" hurdles at 300m.

GLH - 1981→now: 300LH (30" hurdles) was added for the Girls in 1981.

## Throws

BShot – 1915→now: 12lb (for competition)

BShot – 1918-1958: 16lb (for exhibition)

GShot – 1974-1979: 8lb

GShot – 1980→now: 4k

BDisc – 1915-1932; 1950-1951: 2k

BDisc – 1954→now: 1.6k

GDisc – 1975→now: 1k

BJav – 1915 – 1932: 800g

BHammer – 1915: 16lb

## Meet Scoring

1915-1928 5-3-2-1

1929-1930 5-3-2-1-½

1931-1965 5-4-3-2-1

1966-1979 6-4-3-2-1

1980-2009 10-8-6-4-2-1 (G&B)

2010→now: 10-8-6-5-4-3-2-1 (G&B)

1927: relays scored 10-6-4-2

1974 Girls: 5-3-1

1975 Girls: 5-4-3-2-1

1976: Girls scoring now the same as the Boys: 6-4-3-2-1