

2012 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.

2012 Boys Standards	
100 Meters	11.03
200 Meters	22.21
400 Meters	50.41
800 Meters	1 : 58.45
1600 Meters	4 : 28.70
3200 Meters	9 : 38.05
110 Hurdles	15.23
300 Hurdles	40.20
4 x 100 Relay	43.47
4 x 400 Relay	3 : 25.77
High Jump	6 - 01
Pole Vault	13 - 08
Long Jump	21 - 06
Triple Jump	44 - 08
Shot Put	49 - 08
Discus	152 - 01

2012 Girls Standards	
100 Meters	12.53
200 Meters	25.70
400 Meters	59.16
800 Meters	2 : 21.29
1600 Meters	5 : 20.13
3200 Meters	11 : 28.88
100 Hurdles	15.77
300 Hurdles	46.69
4 x 100 Relay	49.81
4 x 400 Relay	4 : 05.43
High Jump	5 - 01
Pole Vault	9 - 09
Long Jump	16 - 08
Triple Jump	35 - 03
Shot Put	36 - 00
Discus	111 - 03