

WEST CATHOLIC ATHLETIC LEAGUE

2016 Track & Field Championships

CCS Meet At-Large Standards

Update 04/27/2016

At-Large Entries will be admitted in accordance with [CCS Track & Field Bylaws Section 3.E.1 and 2](#). If an athlete does not qualify for the CCS Semi-Finals at his/her League Championship Meet, but **his/her mark is equal to or better than the average of the last-place qualifying mark to the CCS Finals from the three [3] most recent years**, then that athlete will be added to the CCS Semi-Final competition. This provision is for all events, including relays. *The mark MUST be achieved at League Finals.*

BOYS		GIRLS	
EVENT	MARK	EVENT	MARK
100	11.15	100	12.52
200	22.39	200	25.38
400	50.37	400	58.95
800	1:57.01	800	2:17.51
1600	4:22.83	1600	5:05.02
3200	9:29.73	3200	11:14.27
110 HH	15.28	100 HH	15.60
300 IH	40.09	300 LH	46.30
400 Relay	43.64	400 Relay	49.47
1600 Relay	3:28.00	1600 Relay	4:04.06
Long Jump	21' 05.00"	Long Jump	17' 01.25"
Triple Jump	43' 01.50"	Triple Jump	35' 04.00"
High Jump	6' 02.00"	High Jump	5' 00.00"
Pole Vault	13' 00.00"	Pole Vault	10' 06.00"
Shot Put	47' 06.00"	Shot Put	36' 03.00"
Discus	144' 07.00"	Discus	111' 03.00"