

# WEST CATHOLIC ATHLETIC LEAGUE

## 2016 Track & Field Championships

### CIF Meet At-Large Standards

Updated 04-27-2016

At-Large Entries will be admitted in accordance with CIF By-Law 2802. If an athlete does not qualify for the CIF Trials at his/her Section Championship Meet, but **if his/her mark at the Section Finals is equal to or better than the average of the 9th-place qualifying marks to the State Meet Finals from the three [3] most recent years**, then that athlete will be added to the CIF Trials competition. This provision is for all events, including relays. *The mark MUST be achieved at Section Finals.*

BOYS		GIRLS	
EVENT	MARK	EVENT	MARK
100	10.73	100	11.91
200	21.68	200	24.18
400	48.25	400	55.74
800	1:53.31	800	2:11.47
1600	4:15.36	1600	4:54.91
3200	9:07.63	3200	10:35.25
110 HH	14.32	100 HH	14.11
300 IH	38.37	300 LH	42.95
400 Relay	41.95	400 Relay	47.32
1600 Relay	3:18.01	1600 Relay	3:50.34
Long Jump	22' 06.00"	Long Jump	18' 01.00"
Triple Jump	45' 03.00"	Triple Jump	38' 04.00"
High Jump	6' 07.00"	High Jump	5' 05.00"
Pole Vault	15' 00.00"	Pole Vault	11' 07.00"
Shot Put	56' 00.00"	Shot Put	41' 09.00"
Discus	168' 09.00"	Discus	133' 06.00"