

**SAN FRANCISCO SECTION  
2011 MINIMUM STANDARDS FOR CIF STATE TRACK MEET**

	<u>GIRLS</u>		<u>BOYS</u>	
	<u>FAT</u>	<u>HAND</u>	<u>FAT</u>	<u>HAND</u>
100/110 Hurdles	16.18	15.9	15.70	15.4
300 Hurdles	48.50	48.2	40.78	40.5
100 Meters	12.82	12.5	11.12	10.8
200 Meters	26.14	25.8	22.53	22.2
400 Meters	1:00.30	1:00.1	51.50	51.3
800 Meters	2:27.99	2:27.7	2:03.23	2:03.0
1600 Meters	5:29.37	5:29.2	4:33.73	4:33.5
3200 Meters	12:00.00	11:59.8	10:10.00	10:09.8
400 M Relay	51.00	50.8	43.99	43.7
1600 M Relay	4:11.81	4:11.6	3:30.27	3:30.0
High Jump	5' 2"		6' 3"	
Long Jump	16' 0"		20' 6"	
Triple Jump	34' 0"		42' 0"	
Pole Vault	10' 5"		13' 9"	
Shot Put	35' 0"		45' 0"	
Discus	100' 0"		133' 7"	

Time/Mark must be achieved during the current season.