

**SAN FRANCISCO SECTION
2023 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	16.13	15.9	15.70	15.4
300 Hurdles	47.80	47.5	40.78	40.5
100 Meters	12.70	12.4	11.09	10.9
200 Meters	25.80	25.5	22.60	22.3
400 Meters	59.90	59.6	51.01	50.8
800 Meters	2:22.99	2:22.7	2:00.52	2:00.3
1600 Meters	5:22.23	5:22.1	4:33.73	4:33.5
3200 Meters	11:47.50	11:47.3	9:56.23	09:56.0
400 M Relay	50.51	50.3	43.99	43.7
1600 M Relay	4:10.70	4:10.5	3:30.27	3:30.0
High Jump	5' 2"		6' 2"	
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	113' 0"		133' 7"	

Time/Mark must be achieved during the current season.