

CIF
2010 State Track and Field
“At-Large” Marks

Boys

100m	10.70
200m	21.56
400m	48.57
800m	1:55.02
1600m	4:14.49
3200m	9:10.47
110HH	14.38
300IH	38.34
4x100 Relay	42.01
4X400 Relay	3:19.64
High Jump	6'06.00
Pole Vault	15'00"
Long Jump	22'06"
Triple Jump	46'02"
Shot Put	55'04"
Discus	169'01"

Girls

100m	11.96
200m	24.40
400m	56.15
800m	2:13.96
1600m	4:57.44
3200m	10:45.62
100HH	14.28
300LH	43.89
4x100	47.66
4x400	3:53.15
High Jump	5'05.00
Pole Vault	11'09.00
Long Jump	18'05"
Triple Jump	38'10"
Shot Put	40'11"
Discus	135'00"