

CENTRAL COAST SECTION
2013
Track Field At-large Standards

Boys	2010	2011	2012	Avg.	2013								
100	11.13	11.18	11.06	11.123									
200	22.64	22.75	22.41	22.600									
400	50.28	50.03	49.68	49.997									
800	1:57.96	1:57.05	1:58.22	01:57.743									
1600	4:27.70	4:23.65	4:23.88	04:25.077									
3200	9:35.30	9:39.18	9:40.73	09:38.403									
110HH	15.35	15.57	15.41	15.44333333									
300IH	40.48	40.64	40.45	40.52333333									
400R	43.86	43.43	43.7	43.66333333									
1600R	3:27.26	3:27.62	3:25.97	03:26.950									
LJ	21'4.25	21'3.5	21'00.50	see right	21'2.75	256.25	255.5	252.5	254.750	21.229167	21'2.75		
TJ	41'10	43'7.5	44'00.25	see right	43'1.75	502	523.5	528.25	517.917	43.159722	43'1.75		
HJ	6'0	6'2	6'03	see right	6'1	72	74	75	73.667	6.1388889	6'1		
PV	13'0	13'0	13'0	see right	13'0	156	156	156	156.000	13	13'0		
Shot	49'0	49'0.5	49'07.00	see right	49'2.5	588	588.5	595	590.500	49.208333	49'2.5		
Disc	141'4	138'5	140'03	see right	140'0	1696	1661	1683	1680.000	140	140'0		

CENTRAL COAST SECTION **2013** **Track Field At-large Standards**

<u>Girls</u>	<u>2010</u>	<u>2011</u>	<u>2012</u>	<u>Avg.</u>	<u>2013</u>								
100	12.66	12.69	12.46	12.6033333									
200	26.01	26.26	25.53	25.9333333									
400	58.22	58.14	58.53	58.2966667									
800	02:19.71	02:19.65	02:17.89	02:19.083									
1600	05:20.04	05:12.71	05:12.89	05:15.213									
3200	11:31.45	11:27.92	11:54.76	11:38.043									
100HH	15.41	15.9	15.69	15.6666667									
300LH	46.87	47.6	47.56	47.3433333									
400R	50.47	49.73	49.51	49.9033333									
1600R	04:03.74	04:02.47	04:01.93	04:02.713									
LJ	16'10.5	16'9	16'07.5	see right	16'9	202.5	201	199.5	201.000	16.75	16'9		
TJ	35'1	34'5.5	35'02.5	see right	34'11	421	413.5	422.5	419.000	34.916667	34'11		
HJ	5'1	5'0	5'1	see right	5'0	61	60	61	60.667	5.0555556	5'0		
PV	9'6	10'6	11'0	see right	10'4	114	126	132	124.000	10.333333	10'4		
Shot	36'3	36'4	37'04.5	see right	36'7	435	436	448.5	439.833	36.652778	36'7		
Disc	117'5	105'7	114'01	see right	112'4	1409	1267	1369	1348.333	112.36111	112'4		

**California State Track and Field Championships
2013 "At-Large" Standards**

	Boys	Girls
100	10.65	11.89
200	21.63	24.50
400	48.59	55.93
800	1:52.92	2:12.10
1600	4:16.38	4:59.51
3200	9:09.03	10:39.88
110/100 Hurdles	14.40	14.26
300 Hurdles	38.10	43.55
4x100 Relay	41.87	47.64
4x400 Relay	3:18.09	3:52.04
High Jump	6-05.00	5-05.00
Pole Vault	15-04.00	11-09.00
Long Jump	22-08.00	18-02.00
Triple Jump	46-10-00	38-06.00
Shot Put	57-00.00	41-05.00
Discus	171-03.00	135-00.00