

2024 Sac Joaquin Section Track and Field Division IV-V At Large Standards

An athlete shall earn an at-large entry into the Divisional Meet if his/her mark at the final league competition (which qualifies entrants to the Divisional Meets) is equal to or better than the average 6th place finisher in the DIV-V Finals for the three most recent years.

2024 DIV-V Boys Standards	
100 Meters	11.22
200 Meters	22.88
400 Meters	52.39
800 Meters	2:03.84
1600 Meters	4:33.11
3200 Meters	10:08.93
110 Hurdles	16.08
300 Hurdles	42.31
4 x 100 Relay	44.37
4 x 400 Relay	3:34.19
High Jump	6-00
Pole Vault	12-03
Long Jump	21-00
Triple Jump	41-11
Shot Put	45-05
Discus	130-03

2024 DIV-V Girls Standards	
100 Meters	12.85
200 Meters	26.56
400 Meters	62.05
800 Meters	2:28.93
1600 Meters	5:31.78
3200 Meters	11:59.93
100 Hurdles	16.86
300 Hurdles	49.35
4 x 100 Relay	51.53
4 x 400 Relay	4:15.86
High Jump	4-11
Pole Vault	8-07
Long Jump	16-09
Triple Jump	33-08
Shot Put	33-11
Discus	104-07