

C.I.F. QUALIFYING MARKS – 2004

| EVENT | MARK – MALE | MARK – FEMALE |
|-------------------|-------------|---------------|
| 100 METER | 11.06 | 12.22 |
| 200 METER | 22.48 | 25.00 |
| 400 METER | 50.50 | 57.95 |
| 800 METER | 1:57.21 | 2:18.97 |
| 1600 METER | 4:20.40 | 5:12.72 |
| 3200 METER | 9:33.0 | 11:26.06 |
| 110 / 100 HURDLES | 15.06 | 15.22 |
| 300 HURDLES | 40.25 | 45.32 |
| 400 RELAY | 43.88 | 49.87 |
| 1600 RELAY | 3:25.11 | 4:03.67 |
| HIGH JUMP | 6' 02 | 5' 02 |
| LONG JUMP | 21' 4 ½ | 16' 9 ½ |
| TRIPLE JUMP | 44' 3 ¾ | 35' 7 ¼ |
| POLE VAULT | 14' 00 | 10' 06 |
| SHOT PUT | 53' 10 ¾ | 38' 9 ½ |
| DISCUS | 154' 5 | 127' 11 |

The above marks are the performances for the final qualifier to the C.I.F. Championships for the year 2003. While the marks do not vary widely from year to year, there is no guarantee that the above performances will advance an individual THIS year. However, if you can achieve the above marks, you are definitely a threat to go to the Championships ! To win the C.I.F. Championship as a team, we need to score at least 40 points.