

Minimum Standards for Entry for Arcadia and Mt. SAC Invitationals

Event Contested	High School Boys Mark	High School Girls Mark
100 Meter	10.80	12.40
200 Meter	22.00	25.50
400 Meter	48.90	59.00
800 Meter	1:56.50	2:18.00
1500 Meter (Mile)	4:05 (4:24)	5:00 (5:20)
3000 Meter(2Mile)	9:05 (9:40)	11:00 (11:45)
110 / 100 Meter Hurdles	14.50	15.30
300 Meter Hurdles	39.00	46.00
Shuttle Hurdles	1:10.00	1:12.00
4 x 100 Meters	44.70	52.00
4 x 200 Meters	1:36.00	1:50.00
4 x 400 Meters	3:36.00	4:16.00
4 x 800 Meters	8:26.00	10:30.00
4 x 1600 Meters	19:30.00	24:00.00
Sprint Medley	3:50.00	4:25.00
Distance Medley	11:20.00	13:20.00
High Jump	6' 05	5' 04 ¼
Pole Vault	13' 06 ¼	10' 06
Long Jump	22' 06	17' 02 ¾
Triple Jump	46' 00	34' 01 ½
Shot Put	50' 00	35' 05 ¼
Discus	150' 00	115' 00