

2019 All San Gabriel Valley Track & Field Standards

<u>Boys</u>	<u>'18</u>		<u>Girls</u>	<u>'18</u>
11.08	8	100m	12.52	7
22.59	9	200m	25.84	7
50.85	8	400m	58.91	7
1:59.26	19	800m	2:20.96	11
4:25.15	10	1600m	5:12.86	8
9:38.42	10	3200m	11:19.28	14
15.43	11	110/100m Hurdles	15.69	6
40.96	9	300m Hurdles	47.13	9
43.92	10	400m Relay	50.02	8
3:30.32	8	1600m Relay	4:08.65	7
49-01	3	Shot	36-03	2
148-11	3	Discus	116-09	2
6-01	7	High Jump	5-01	4
13-06	5	Pole Vault	10-05	1
21-08	6	Long Jump	17-03	3
43-04	6	Triple Jump	35-07	9

These standards are 102% (or 98% for field events) of the 100th Best California Performer in each event during the 2014 Track and Field season.

'18 = the number of athletes who achieved the standard in 2018