

Table 1 - Average Minimum Qualifying Marks for Sacramento Meet of Champions (2006 - 2008)

Track Events	Varsity Girls				Varsity Boys				Frosh-Soph Boys	
	Invitational Session		Open Session		Invitational Session		Open Session		Open Session Only	
	Hand	FAT	Hand	FAT	Hand	FAT	Hand	FAT	Hand	FAT
100 Meters	NH	12.46	12.6	12.84	NH	11.00	11.0	11.24	11.4	11.64
200 Meters	NH	25.52	26.2	26.44	NH	22.34	22.6	22.84	23.7	23.94
400 Meters	NH	57.51	60.0	60.14	NH	49.61	51.2	51.34	53.6	53.74
800 Meters	2:19.6	2:19.74	2:26.5	2:26.64	1:58.2	1:58.34	2:00.9	2:01.04	2:07.1	2:07.24
1600 Meters	5:12.0	5:12.14	5:24.6	5:24.74	4:22.7	4:22.84	4:31.0	4:31.14	4:44.1	4:44.24
3200 Meters	11:25.1	11:25.24	11:54.2	11:54.34	9:38.0	9:38.14	9:58.0	9:58.14	10:31.3	10:31.44
100 Meter Hurdles	NH	15.66	16.5	16.74	--	--	--	--	--	--
110 Meter High Hurdles	--	--	--	--	NH	15.13	15.7	15.94	--	--
110 Meter Hurdles	--	--	--	--	--	--	--	--	16.9	17.14
300 Meter Low Hurdles	NH	47.27	49.0	49.14	--	--	--	--	44.2	44.34
300 Meter Int. Hurdles	--	--	--	--	NH	40.23	41.9	42.04	--	--
4X100 M Relay	NH	49.66	50.6	50.74	NH	43.26	43.6	43.74	45.4	45.54
4X400 M Relay	4:07.1	4:07.24	4:11.2	4:11.34	3:26.7	3:26.84	3:30.2	3:30.34	3:40.0	3:40.14
Field Events	Distance/Height (ft-in)		Distance/Height (ft-in)		Distance/Height (ft-in)		Distance/Height (ft-in)		Distance/Height (ft-in)	
Long Jump	17' 08"		16' 05"		22' 00"		21' 02"		19' 06"	
Triple Jump	36' 07"		34' 06"		44' 06"		42' 03"		39' 01"	
High Jump	5' 03"		5'00"		6' 04"		6' 01"		5' 09"	
Pole Vault	10' 06" (Open/Invitational Event)				14' 06"		12' 11"		10' 10"	
Shot Put	37' 11"		33' 05"		50' 11"		47' 02"		43' 07"	
Discus	125' 04"		103' 02"		153' 04"		141' 04"		116' 02"	

Note: "Hand" indicates marks that are hand timed (raised to the next tenth [0.1] of a second) and "FAT" indicates marks measured with "fully automatic timing" systems, such as a FINISHLYNX system. "NH" indicates that "hand times" will not be considered for qualifying marks in these events. The qualifying marks in Table 1 should only be used as a guideline for entering athletes. Because of the variability in performance from year to year, achieving these marks does not necessarily guarantee an invitation to the 2009 Sacramento Meet of Champions.