

**Table 1 - Average Minimum Qualifying Marks for Sacramento Meet of Champions (2018 - 2022)**

These marks represent the lowest average mark to be invited to the SMOC for the three most recent years. Achieving them **DOES NOT** guarantee entry into the meet.

| Track Events           | Varsity Girls              |          |                            |          | Varsity Boys               |         |                            |         |
|------------------------|----------------------------|----------|----------------------------|----------|----------------------------|---------|----------------------------|---------|
|                        | Invitational Session       |          | Open Session               |          | Invitational Session       |         | Open Session               |         |
|                        | Hand                       | FAT      | Hand                       | FAT      | Hand                       | FAT     | Hand                       | FAT     |
| 100 Meters             | NH                         | 12.40    | NH                         | 12.85    | NH                         | 10.96   | NH                         | 11.25   |
| 200 Meters             | NH                         | 25.42    | NH                         | 26.55    | NH                         | 22.35   | NH                         | 22.92   |
| 400 Meters             | NH                         | 58.41    | NH                         | 61.14    | NH                         | 50.13   | NH                         | 51.97   |
| 800 Meters             | 2:19.8                     | 2:19.99  | 2:28.1                     | 2:28.20  | 1:57.8                     | 1:57.92 | 2:02.6                     | 2:02.71 |
| 1600 Meters            | 5:16.6                     | 5:16.78  | 5:25.0                     | 5:25.16  | 4:26.0                     | 4:26.12 | 4:31.5                     | 4:31.69 |
| 3200 Meters            | 11:43.3                    | 11:43.49 | 12:08.8                    | 12:08.91 | 9:44.3                     | 9:44.42 | 9:57.6                     | 9:57.70 |
| 100 Meter Hurdles      | NH                         | 15.63    | NH                         | 17.54    | --                         | --      | --                         | --      |
| 110 Meter High Hurdles | --                         | --       | --                         | --       | NH                         | 15.47   | NH                         | 17.38   |
| 300 Meter Low Hurdles  | NH                         | 46.58    | NH                         | 50.26    | --                         | --      | --                         | --      |
| 300 Meter Int. Hurdles | --                         | --       | --                         | --       | NH                         | 40.97   | NH                         | 43.79   |
| 4X100 M Relay          | NH                         | 49.46    | NH                         | 51.97    | NH                         | 43.27   | NH                         | 44.77   |
| 4X400 M Relay          | 4:06.8                     | 4:06.98  | 4:20.4                     | 4:20.57  | 3:27.9                     | 3:28.08 | 3:35.2                     | 3:35.38 |
| Field Events           | Distance/Height<br>(ft-in) |          | Distance/Height<br>(ft-in) |          | Distance/Height<br>(ft-in) |         | Distance/Height<br>(ft-in) |         |
| Long Jump              | 17-06                      |          | 16-04                      |          | 21-11                      |         | 20-11                      |         |
| Triple Jump            | 36-10                      |          | 33-02                      |          | 43-11                      |         | 41-02                      |         |
| High Jump              | 5-03                       |          | 5-01                       |          | 6-03                       |         | 6-00                       |         |
| Pole Vault             | 11-02                      |          | 10-01                      |          | 14-05                      |         | 13-02                      |         |
| Shot Put               | 37-05                      |          | 31-11                      |          | 49-02                      |         | 44-04                      |         |
| Discus                 | 122-07                     |          | 100-10                     |          | 148-06                     |         | 132-09                     |         |

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 Sacramento Meet of Champions.**