

**Table 1 - Average Minimum Qualifying Marks for Sacramento Meet of Champions (2019 - 2023)**

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	12.37	NH	12.86	NH	10.94	NH	11.24
200 Meters	NH	25.58	NH	26.57	NH	22.33	NH	22.89
400 Meters	NH	58.78	NH	61.84	NH	50.18	NH	52.13
800 Meters	2:20.4	2:20.54	2:28.3	2:28.49	1:58.1	1:58.31	2:02.8	2:02.96
1600 Meters	5:14.3	5:14.50	5:24.7	5:24.88	4:25.1	4:25.30	4:31.0	4:31.18
3200 Meters	11:42.6	11:42.77	12:12.1	12:12.33	9:42.3	9:42.42	9:58.5	9:58.62
100 Meter Hurdles	NH	15.67	NH	17.74	--	--	--	--
110 Meter High Hurdles	--	--	--	--	NH	15.62	NH	17.59
300 Meter Low Hurdles	NH	47.26	NH	50.72	--	--	--	--
300 Meter Int. Hurdles	--	--	--	--	NH	41.22	NH	44.17
4X100 M Relay	NH	49.59	NH	51.98	NH	43.24	NH	44.69
4X400 M Relay	4:08.7	4:08.86	4:20.4	4:22.03	3:29.6	3:29.77	3:36.5	3:36.66
Field Events	Distance/Height (ft-in)		Distance/Height (ft-in)		Distance/Height (ft-in)		Distance/Height (ft-in)	
Long Jump	17-02		16-01		21-10		20-07	
Triple Jump	35-06		32-06		43-01		40-07	
High Jump	5-03		5-01		6-03		6-00	
Pole Vault	10-10		9-10		14-03		12-10	
Shot Put	36-10		32-02		48-06		44-09	
Discus	122-00		101-07		148-02		131-02	

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 Sacramento Meet of Champions.**