

**CIF Track & Field
Qualifying Standards 2026**

Boys			Girls	
STATE	SDS	Event	SDS	STATE
10.53	11.15	100 meters	12.64	11.77
21.35	22.58	200 meters	26.20	24.32
48.11	51.29	400 meters	1:00.83	55.6
1:53.13	2:00.84	800 meters	2:23.98	2:11.70
4:11.75	4:30.94	1600 meters	5:18.55	4:52.04
9:02.48	9:52.83	3200 meters	11:41.23	10:29.42
14.33	15.85	110/100 Hurdles	16.53	14.28
38.28	41.60	300 Hurdles	48.52	43.36
41.68	43.88	400 Relay	50.64	47.18
3:18.18	3:32.72	1600 Relay	4:15.62	3:51.67
22' 11"	21' 0"	Long Jump	16' 5"	18' 2.75"
46' 4.75"	41' 3"	Triple Jump	33' 5"	38' 0.5"
6' 6"	5' 10"	High Jump	4' 10"	5' 6"
15' 6"	13' 0"	Pole Vault	9' 6"	12' 2"
55' 10.5"	44' 1"	Shot Put	31' 10"	41' 0"
173' 7"	129' 4"	Discus	97' 5"	139' 5"

Note:

SDS Standards must be met at League/Conference finals to qualify for the CIF SDS Divisional Championships.

STATE Standards must be met at the Section Championships to qualify for the STATE MEET.