

**2012 TRACK & FIELD SO CAL CHAMPIONSHIPS
AUTOMATIC QUALIFYING STANDARDS**

	MEN		WOMEN	
100	10.49		12.01	
200	21.23		24.58	
400	47.77		56.39	
800	1:54.00		2:15.10	
1500	3:56.60		4:39.50	
5000	14:57.20		17:53.30	
10000	31:41.00		38:07.00	
110H	14.53		14.76	
400H	53.37		1:03.30	
3000SC	9:31.30		11:30.00	
4X100	41:16		47.52	
4X400	3:14.20		3:53.30	
HJ	2.05	6-08.50	1.63	5-04.00
PV	4.95	16-02.75	3.36	11-00.25
LJ	7.40	24-03.25	5.58	18-03.50
TJ	15.02	49-03.25	11.59	38-00.25
SP	15.28	50-01.50	12.93	42-05.00
DT	48.65	159-07.25	42.94	140-10.50
HT	52.92	173-07.25	46.00	150-11.00
JT	58.27	191-02.00	38.98	127-10.50
DEC/HEP	6197		4220	