

MINIMUM QUALIFYING LIST 2012

All athletes must at sometime during the season record no less then the marks listed below to qualify for the Southern California Championships.

MEN'S EVENTS	MIN. STD.	WOMEN'S EVENTS	MIN. STD.
100M	11.41	100M	14.03
200M	23.75	200M	29.23
400M	51.51	400M	67.96
800M	2:04.86	800M	2:54.55
1500M	4:23.43	1500M	5:33.42
3000 SC	12:22.23	3000 SC	15:15.12
5000	17:00.00	5000	24:00.00
10,000	38:00.00	10,000	55:00.00
110HH	19.46	100MH	18.86
400MIH	63.66	400MH	86.83
400M R	45.32	400M R	56.00
1600M	3:33.67	1600R	4:47.49
POLE VAULT	12' 1"	POLE VAULT	8' 1"
HIGH JUMP	5' 8"	HIGH JUMP	4' 4"
LONG JUMP	20' 8 3/4"	LONG JUMP	15' 1/2"
TRIPLE JUMP	36' 6 1/4"	TRIPLE JUMP	29' 0"
SHOT PUT	32' 3"	SHOT PUT	29' 2 1/4"
DISCUS	117' 9"	DISCUS	89' 9"
JAVELIN	128' 9"	JAVELIN	79'11"
HAMMER	94' 6"	HAMMER	88' 2"

- 1. All replacement athletes and relay marks must be verifiable in the So Cal best marks list or must be documented from meet results from the present season.**