

## Sierra League Minimum Entry Standards for League Prelims

| <u>Event</u>     | <u>Standards</u>                         |                      |                        |
|------------------|--|----------------------|------------------------|
|                  | <u>Boys Varsity</u>                      | <u>Girls Varsity</u> | <u>Boys Frosh/Soph</u> |
| 100m             | 11.5                                     | 13.4                 | 12.2                   |
| 200m             | 23.7                                     | 27.9                 | 25.9                   |
| 400m             | 54.2                                     | 64.9                 | 57.9                   |
| 800m             | 2:07.9                                   | 2:39.9               | 2:21.9                 |
| 1600m            | 4:49.9                                   | 5:59.9               | 5:19.9                 |
| 3200m            | 10:29.9                                  | 12:59.9              | 11:59.9                |
| 100-110m Hurdles | 16.9                                     | 18.4                 | 19.9                   |
| 300 Hurdles      | 44.9                                     | 53.9                 | 47.9                   |
| Long Jump        | 19-0"                                    | 14-6"                | 17-6"                  |
| Triple Jump      | 39-6"                                    | 30-0"                | 37-0"                  |
| High Jump        | 5-8"                                     | 4-8"                 | 5-0"                   |
| Pole Vault       | 11-0"                                    | 8-0"                 | 9-0"                   |
| Shot Put         | 40-0"                                    | 28-0"                | 35-0"                  |
| Discus           | 115-0"                                   | 85-0"                | 90-0"                  |
| Relays           | No minimum standard. ONE team per school |                      |                        |

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