



2023 California Winter Championships Qualifying Standards

(You must achieve these marks at a Qualifier meet
to compete at the February 4 Finals at Arcadia HS.)

<u>EVENT</u>	<u>BOYS</u>	<u>GIRLS</u>
60m Dash	7.56	8.54
150m	17.40	19.75
300m	38.20	44.75
600m	1:31.00	1:49.00
1500m	4:22.00	5:18.00
3000m	9:27.00	11:23.00
60m Hurdles	9.96	11.40
4x200m Relay	1:38.00	1:55.30
SMR (1-1-2-4)	1:42.00	2:03.00
4x800m Relay	8:44.00	10:44.00
DMR (12-4-8-16)	11:32.00	14:06.00
Long Jump	19-08.00	16-00.00
Triple Jump	39-10.00	32-05.00
High Jump	5-09.00	4-10.00
Pole Vault	13-00.00	10-06.00
Shot Put	44-00.00	32-00.00
25/20 Weight Throw	*Entry by email only.	*Entry by email only.
Pentathlon	*Entry by email only.	*Entry by email only.