

CIF Standard and Varsity Letter Standard

To qualify for CIF, you must either win your event at the Varsity League Finals or be in the top 3 with the standard below.

To earn your varsity letter athletes must be in good standing on the team

And one and/or two of the following:

Score 10 varsity points

or

Achieve the below mark twice during the season.

*time marks must be FAT

	Boys			Girls			School Records		
	CIF	Letter		CIF	Letter		V-Boys	V-Girls	FS Boys
100	11.24	11.79	100	12.74	13.48	100	10.51	11.65	11.05
200	22.94	23.78	200	26.54	27.99	200	21.45	23.85	22.12
400	51.94	53.99	400	61.14	64.99	400	48.28	53.76	49.70
800	2:00.14	2:08.99	800	2:27.14	2:41.99	800	1:52.46	2:14.91	1:57.38
1600	4:33.14	4:49.99	1600	5:23.14	5:59.99	1600	4:11.26	4:52.45	4:30.10
3200	9:55.14	10:51.99	3200	12:05.14	13:59.99	3200	9:01.57	10:34.30	9:49.50
110H	16.14	18.09	110H	16.84	19.99	110H	14.03	14.35	16.04
300H	41.44	44.89	300H	49.14	55.99	300H	38.19	41.74	40.24
PV	12-00	11-00	PV	9-00	8-00	PV	15-02	11-08	13-06
HJ	5-09	5-02	HJ	4-09	4-02	HJ	6-09	5-05	6-02
LJ	20-09	18-06	LJ	16-00	14-00	LJ	24-04.5	21-06	20-08
TJ	41-00	38-00	TJ	33-00	29-00	TJ	48-09.75	44-00.5	46-02.75
SP	45-00	37-07	SP	32-06	25-06	SP	55-10	42-08.5	55-01
D	127-00	102-00	D	100-00	68-04	D	190-10	134-11	122-11
4x100	44.34		4x100	50.70		4x100	41.4	46.61	45.73
4x400	3:33.14		4x400	4:16.90		4x400	3:21.11	3:51.57	

Scoring for dual meet: Only the first flight (field events) or first heat (running events) 1-3rd place count toward scoring points. 1st place = 5pts; 2nd place = 3pts; 3rd place = 1pt. Relay 1st place = 5 points (1.25 per athlete) and 2nd place = 0 points. At a dual meet there are a total of 136 points available to score. 68 points is a tie and 69 points would be a win. More points than 69 would just increase how much the winning team won by.