



EVENT	BOYS	GIRLS
100M	10.95	12.40
200M	21.95	25.50
400M	49.50	59.00
800M	1:59.00	2:21.00
1,600M	4:26.00	5:15.00
3,200M	9:40.00	11:45.00
110M Hurdles	15.30	15.50
300M Hurdles	41.00	46.50
400M Hurdles	None	None
4X100M Relay	43.50	50.00
4X200M Relay	1:32.00	1:47.00
4X400M Relay	3:30.00	4:14.00
4X800M Relay	None	None
4X1,600M Relay	None	None
Sprint Medley Relay	3:40.00	4:30.00
Distance Medley Relay	11:10.00	13:10.00
4X100/110M Shuttle Hurdles	None	None
High Jump	6'00" 1.83M	4'11" 1.50M
Pole Vault	13'09" 4.19M	10'00" 3.05M
Long Jump	21'00" 6.40M	17'00" 5.18M
Triple Jump	43'00" 13.11M	35'00" 10.67M
Shot Put	47'00" 14.33M	33'06" 10.21M
Discus	142'00" 43.28M	108'00" 32.92M

- Entry marks that are equal to or greater than the minimums above will receive entry consideration, but DO NOT GUARANTEE acceptance into the Mt. SAC Relays.
- All marks must be from the 2026 season.
- All individual running event marks must be FAT.
- Please do not enter anyone with marks below the marks stated above.
- All events will be filled with the best verifiable marks until we fill all of the available slots.