

Ventura County Championships Qualifying Standards

Boys	Event	Girls
11.44 Fat Only	100 Meters	13.44 Fat Only
24.24 Fat Only	200 Meters	28.24 Fat Only
54.5	400 Meters	65.5
2:06.0	800 Meters	2:35.0
4:48.0	1600 Meters	5:48.0
10:30.0	3200 Meters	12:55.0
17.0	110/100 High Hurdles	18.0
44.5	300 Hurdles	54.0
No Qualifying	4 X 100	No Qualifying
No Qualifying	4 X 400	No Qualifying
No Qualifying	4 X 800	No Qualifying
19-0	Long Jump	14-6
38-0	Triple Jump	29-0
5-8	High Jump	4-8
9-6	Pole Vault	6-6
41-0	Shot Put	29-0
110-0	Discus Throw	80-0

Coaches need to update qualifying marks on the county website. Contact Robert Lopez for more information.

ORDER OF EVENTS

Running Events Times (Approximate)

Please report scratches to the clerk of the course.

The heats will run in the following order: Seeded, Rated, and Invitational

Time	Division	Event
4:00	Girls	4 X 800
4:15	Boys	4 X 800
4:25	Girls	4 X 100
4:40	Boys	4 X 100
4:55	Girls	1600
5:20	Boys	1600
5:35	Girls	100 Hurdles
5:45	Boys	110 Hurdles
5:55	Girls	400
6:05	Boys	400
6:15	Girls	100
6:20	Boys	100
6:30	Girls	800
6:40	Boys	800
6:55	Girls	300 Hurdles
7:10	Boys	300 Hurdles
7:20	Girls	200
7:30	Boys	200
7:40	Girls Rated/Seeded	3200
7:55	Boys Rated/Seeded	3200
8:10	Girls Invitational	3200
8:25	Boys Invitational	3200
8:35	Girls	4 x 400
8:50	Boys	4 x 400

Field Events Order of Events

Shot Put

3:00 Boys Rated, followed by Boys Seeded, followed by Boys Invitational
5:00 Girls Invitational, followed by Girl Seeded, followed by Girls Rated

Discus

3:00 Girls Invitational, followed by Girls Seeded, followed by Girls Rated
5:00 Boys Rated, followed by Boys Seeded, followed by Boys invitational

Pole Vault

3:00 Girls Seeded/Rated Opening Ht 6'6" **Score Board Pit:**
4:30 Girls Invitational Opening Height 7'0 **Stadium Field**

Below Events will follow above events

Boys Seeded/Rated Opening Height 9 Feet **Score Board Pit**
Boys Invitational Opening Height 9'0 **Stadium Field**
Coaches must remain in coaches box

Long Jump

3:30 Girls and Boys Rated, followed by Girls and Boys Invitational

Triple Jump

5:45 Girls and Boys Rated/Seeded, Followed by Girls and Boys Invitational

High Jump

3:00 Boys Invitational, followed by Boys Seeded, followed by Boys Rated Op. Ht. 5' 6"
5:30 Girls Rated, followed by Girls Seeded, followed by Girls Invitational Op. Ht. 4'6"

Four Throws and Jumps in Field Events