

# SAN JOSE STATE UNIVERSITY



## TRACK & FIELD PERFORMANCE STANDARDS

### WOMEN'S STANDARDS

EVENT	Inter./Out of State	California	Walk-On
60m	7.30	7.60	7.90
100m	11.45	11.85	12.20
200m	23.50	24.50	25.50
400m	53.00	55.00	58.00
100mH	13.60	14.25	14.95
300mH	41.00	42.95	45.00
400mH	59.50	62.00	64.00
800m	2:06.00	2:12.00	2:25.00
1500m	4:20.00	4:22.00	5:00.00
Mile	4:35.00	4:50.00	5:20.00
3k Steeple	10:10.00	10:30.00	11:30.00
5,000m	16:00.00	16:15.00	19:00.00
10,000m	34:00.00	35:00.00	39:00.00
Long Jump	6.25m	5.80m	5.50m
Triple Jump	13.00m	12.00m	11.50m
High Jump	1.78m	1.68m	1.60m
Pole Vault	4.25m	3.95m	N/A
Shot Put	17.00m	15.00m	14.00m
Discus	57.00m	48.00m	44.00m
Hammer	67.00m	57.00m	50.00m
Javelin	52.00m	43.00m	N/A
Heptathlon	5700	4700	4000

### MEN'S STANDARDS

EVENT	Inter./Out of State	California	Walk-On
60m	6.70	6.85	6.99
100m	10.45	10.75	10.95
200m	21.20	21.85	22.30
400m	46.50	48.25	49.50
110mHH	13.80	14.20	14.75
300mIH	37.00	38.50	39.50
400mIH	51.50	52.00	53.95
800m	1:50.00	1:52.00	1:54.00
1500m	3:43.00	3:50.00	4:00.00
Mile	3:56.00	4:10.00	4:24.00
3k Steeple	8:51.00	8:55.00	10:00.00
5,000m	13:44.00	14:00.00	14:30.00
10,000m	28:57.00	29:30.00	33:00.00
Long Jump	7.75m	7.10m	6.70m
Triple Jump	15.40m	14.20m	13.80m
High Jump	2.10m	2.00m	1.95m
Pole Vault	5.40m	4.80m	N/A
Shot Put	19.00m	16.00m	14.75m
Discus	58.50m	53.00m	50.00m
Hammer	68.00m	56.00m	53.00m
Javelin	70.00m	60.00m	N/A
Decathlon	7500	6500	N/A

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