



COMPETITION ENTRY STANDARDS

Competition Entry Standards must be achieved during the qualification period from to the closing date for Final Entries.

Event	Men	Women	Mix
100m	11.75	13.60	
200m	23.85	27.85	
400m	53.20	1:02.00	
800m	2:04.50	2:30.00	
1500m	4:18.00	4:55.00	
5000m	16:10.00	19:30.00	
10000m	34:00.50	41:30.50	
Marathon	3:15:00	3:50:00	
3000m Steeplechase	10:15.00	12:40.00	
100m Hurdles	-	16.00	
110m Hurdles	16.20	-	
400m Hurdles	58.50	1:07.00	
High Jump	1.75	1.45	
Pole Vault	3.70	2.00	
Long Jump	6.20	5.00	
Triple Jump	13.25	11.25	
Shot Put	13.00	12.00	
Discus Throw	38.00	31.00	
Hammer Throw	46.00	38.00	
Javelin Throw	48.00	34.00	
Heptathlon	-	3200	
Decathlon	4600	-	
10000m Race Walk	-	-	
4x100m Relay	-	-	
4x400m Relay	-	-	-

