

## Nationals Qualifying Standards

Events in bold will be contested at the Championships. Events listed directly below those being contested may be used as alternates for qualifying. See Qualifying Guidelines below for full details.

Men	Events	
11.10	<b>100m</b>	13.00
22.75	<b>200m</b>	26.90
50.80	<b>400m</b>	01:00.0
01:59.5	<b>800m</b>	02:20.0
04:02.5	<b>1500m</b>	04:57.0
04:18.7	1600m	05:17.5
04:19.5	Mile Run	05:19.0
15:30.0	<b>5000m</b>	18:50.0
09:02.5	3000m	11:00.0
09:35.0	3200m	11:45.0
33:00.0	10000m (for 5000m)	39:00.0
33:30.00	<b>10,000m</b>	39:50.00
15:30.0	5000m	18:50.00
1:13:45	Half Marathon	1:26:45
--	<b>100m Hurdles</b>	16.5
15.6	<b>110m Hurdles</b>	--
59.00	<b>400m Hurdles</b>	01:16.0
10:10.0	<b>3000m Steeplechase</b>	12:10.0
04:02.5	1500m	04:57.0

Men		Events
04:19.5		Mile
09:02.5		3000m
09:35.0		3200m
15:30.0		5000m
30:00.0		<b>5000m Race Walk</b>
--		<b>4x100m Relay</b>
--		<b>4x400m Relay</b>
--		<b>4x800m Relay</b>
--		<b>Distance Medley Relay</b>
1.9m		<b>High Jump</b>
4.30m		<b>Pole Vault</b>
6.70m		<b>Long Jump</b>
13.7m		<b>Triple Jump</b>
14.60m		<b>Shot Put (Int'l implements)</b>
16.5m		Shot Put (12 lb.)
45.00m		<b>Discus Throw (Int'l implements)</b>
51.00m		Discus Throw (1.6 kg)
51.00m		<b>Hammer Throw (Int'l Implements.)</b>
56.40m		Hammer Throw (12lb)
51.00m		<b>Javelin Throw (Int'l Implements)</b>

## 2017 Senior Championship - Qualifying Standards

Men				
Automatic ("A")	Field Size & Rounds	Event	Automatic ("A")	Field Size & Rounds
10.16 *	(32-3)	<b>100m</b>	11.26 *	(32-3)
20.60 *	(32-3)	<b>200m</b>	23.20 *	(32-3)
45.70 *	(32-3)	<b>400m</b>	52.20 *	(32-3)
1:47.50 *	(32-3)	<b>800m</b>	2:02.00 *	(32-3)
03:39.00	(30-2)	<b>1500m</b>	04:09.50	(30-2)
03:56.50		<i>Mile</i>	04:28.50	
13:32.00	(24-1)	<b>5000m</b>	15:25.00	(24-1)
28:30.00	(24-1)	<b>10k</b>	32:25.00	(24-1)
39:50.00	(18-1)	<b>20k RW</b>	1:52:00	(18-1)
13.65 *	(32-3)	<b>110m Hurdles</b>		
		<b>100m Hurdles</b>	13.00 *	(32-3)
50.50 *	(28-3)	<b>400m Hurdles</b>	56.80 *	(28-3)

## Men

08:40.00	(26-2)	<b>3000m SC</b>	09:50.00	(26-2)
2.25m	(18-1)	<b>High Jump</b>	1.85m	(18-1)
5.60m	(18-1)	<b>Pole Vault</b>	4.55m	(18-1)
7.95m	(18-1)	<b>Long Jump</b>	6.60m	(18-1)
16.30m	(18-1)	<b>Triple Jump</b>	13.60m	(18-1)
20.15m	(18-1)	<b>Shot Put</b>	17.75m	(18-1)
62.80m	(18-1)	<b>Discus Throw</b>	58.00m	(18-1)
69.00m	(18-1)	<b>Hammer Throw</b>	67.00m	(18-1)
74.50m	(18-1)	<b>Javelin Throw</b>	54.00m	(18-1)
		<b>Heptathlon</b>	6200 pts	(18)
7800	(16)	<b>Decathlon</b>		

\* F.A.T. is the only method of timing acceptable for qualifying marks for events listed with an asterisk.

## 2016 USOT - Qualifying Standards

<b>Men</b>				
<b>Automatic</b>	<b>Field Size - Rounds</b>	<b>Event</b>	<b>Automatic</b>	<b>Field Size - Rounds</b>
10.16*	(32-3)	<b>100m</b>	11.32*	(32-3)
20.50*	(30-3)	<b>200m</b>	23.20*	(30-3)
45.40*	(28-3)	<b>400m</b>	52.20*	(28-3)
1:46.00	(32-3)	<b>800m</b>	2:03.00	(32-3)
3:38.00	(30-3)	<b>1500m</b>	4:09.50	(30-3)
13:28.00	(24-2)	<b>5000m</b>	15:25.00	(24-2)
28:15.00	(24-1)	<b>10k</b>	32:25.00	(24-1)
1:36:00	(15-1)	<b>20k RW</b>	1:48:00	(15-1)
5:15:00	(15-1)	<b>50k RW</b>	xxx	xxx
13.52*	(32-3)	<b>110m Hurdles</b>	---	---
---	---	<b>100m Hurdles</b>	13.00*	(32-3)
49.50*	(28-3)	<b>400m Hurdles</b>	56.95*	(28-3)
8:32.00	(24-2)	<b>3000m SC</b>	9:53.00	(24-2)
2.28m	(24-2)	<b>High Jump</b>	1.85m	(24-2)
5.65m	(24-2)	<b>Pole Vault</b>	4.50m	(24-2)
8.05m	(24-2)	<b>Long Jump</b>	6.50m	(24-2)
16.66m	(24-2)	<b>Triple Jump</b>	13.40m	(24-2)
20.50m	(24-2)	<b>Shot Put</b>	17.60m	(24-2)
62.00m	(24-2)	<b>Discus Throw</b>	57.00m	(24-2)
72.00m	(24-2)	<b>Hammer Throw</b>	67.00m	(24-2)
77.00m	(24-2)	<b>Javelin Throw</b>	54.00m	(24-2)
---	---	<b>Heptathlon</b>	6150 pts.	(18)
7900 pts.	(18)	<b>Decathlon</b>	---	---