

2016 Qualifying Standards

Women

| <u>Running Event</u> | <u>FAT</u> | <u>Field Event</u> | <u>Metric</u> | <u>Imperial</u> |
|----------------------|------------|--------------------|---------------|-----------------|
| 100m | 13.98 | Shot Put | 7.81 | 25'6 |
| 200m | 28.21 | Discus | 17.78 | 58'3 |
| 400m | 1:06.67 | High Jump | .91 | 2'9 |
| 800m | 2:40.72 | Long Jump | 4.19 | 13'7 |
| 1,500m | 5:50.59 | Triple Jump | 8.60 | 28'2 |
| 3,000m Steeple | 16:17.01 | Javelin | 21.49 | 70'5 |
| 5,000m | 25:19.63 | Hammer | 17.06 | 55'9 |
| 10,000m | 58:22.83 | Pole Vault | 1.71 | 5'6 |
| 100mHH | 21.70 | | | |
| 400mH | 1:30.49 | | | |
| 4x100m Relay | 59.34 | | | |
| 4x400m Relay | 5:09.84 | | | |
| 4x800m Relay | 11:46.24 | | | |

Men

| <u>Running Event</u> | <u>FAT</u> | <u>Field Event</u> | <u>Metric</u> | <u>Imperial</u> |
|----------------------|------------|--------------------|---------------|-----------------|
| 100m | 11.42 | Shot Put | 11.72 | 38'4 |
| 200m | 22.77 | Discus | 33.70 | 110'5 |
| 400m | 51.95 | High Jump | 1.75 | 5'7 |
| 800m | 2:04.91 | Long Jump | 6.16 | 20'2 |
| 1,500m | 4:24.14 | Triple Jump | 12.00 | 39'3 |
| 3,000m Steeple | 13:43.55 | Javelin | 39.49 | 129'5 |
| 5,000m | 17:36.94 | Hammer | 21.78 | 71'4 |
| 10,000m | 41:19.57 | Pole Vault | 2.43 | 7'9 |
| 100mHH | 19.12 | | | |
| 400mH | 1:05.15 | | | |
| 4x100m Relay | 46.72 | | | |
| 4x400m Relay | 3:54.61 | | | |
| 4x800m Relay | 9:22.77 | | | |

| <u>Starting Heights</u> | <u>Metric</u> | <u>Imperial</u> |
|-------------------------|---------------|-----------------|
| Women's High Jump | .86 | 2'8 |
| Women's Pole Vault | 1.56 | 5'1 |
| Men's High Jump | 1.70 | 5'5 |
| Men's Pole Vault | 2.43 | 7'9 |