

2017 Minimum Qualifying Standards for NWAC T&F Championships

EVENT	WOMEN	MEN
100m	12.69	11.22
200m	26.25	22.52
400m	1:00.36	50.71
800m	2:24.14	1:58.51
1500m	5:01.81	4:06.76
3000m Steeple	13:01.56	10:17.07
5000m	19:27.43	16:02.53
10000m	44:40.05	34:26.64
100mH/110mH	15.71	15.63
400mH	1:08.04	57.22
4x100 relay	52.30	44.32
4x400 relay	4:12.56	3:28.47
High Jump	5' 0 1/4"	6' 2"
Pole Vault	10' 5 1/2"	14' 4 1/2"
Long Jump	16' 9 3/4"	22' 1 3/4"
Triple Jump	34' 10 1/2"	43' 7 1/2"
Shot Put	39' 1/2"	44' 3 3/4"
Discus	118' 4"	134' 4"
Javelin	124' 6"	176 2"
Hammer	133' 11"	144' 9"
Heptathlon/Decathlon	3000	5000