

## 2018 NWAC Track & Field Qualification Marks

<b>EVENT</b>	<b>MEN</b>	<b>WOMEN</b>
<b>100 METERS</b>	<b>11.19</b>	<b>12.79</b>
<b>200 METERS</b>	<b>22.43</b>	<b>26.39</b>
<b>400 METERS</b>	<b>51.14</b>	<b>60.33</b>
<b>800 METERS</b>	<b>1:58.16</b>	<b>2:25.88</b>
<b>1,500 METERS</b>	<b>4:06.44</b>	<b>5:01.26</b>
<b>3,000 METER STEEPLECHASE</b>	<b>10:18.69</b>	<b>12:55.39</b>
<b>5,000 METERS</b>	<b>16:00.68</b>	<b>19:51.82</b>
<b>10,000 METERS</b>	<b>34:32.76</b>	<b>43:06.66</b>
<b>100/110 METER HURDLES</b>	<b>15.56</b>	<b>15.76</b>
<b>400 METER HURDLES</b>	<b>56.92</b>	<b>1:07.85</b>
<b>4 X 100 METER RELAY</b>	<b>44.04</b>	<b>51.43</b>
<b>4 X 400 METER RELAY</b>	<b>3:28.63</b>	<b>4:12.98</b>
<b>HIGH JUMP</b>	<b>6' 2 ¾"</b>	<b>5' 1"</b>
<b>POLE VAULT</b>	<b>14' 3 ¼"</b>	<b>10' 9 ¾"</b>
<b>LONG JUMP</b>	<b>22 1 ¼"</b>	<b>16' 9 ½"</b>
<b>TRIPLE JUMP</b>	<b>43' 8"</b>	<b>35' 4"</b>
<b>SHOT PUT</b>	<b>44' 3 ¾"</b>	<b>38' 7 ¼"</b>
<b>DISCUS THROW</b>	<b>132' 6"</b>	<b>116' 10"</b>
<b>JAVELIN THROW</b>	<b>180' 3"</b>	<b>122' 7"</b>
<b>HAMMER THROW</b>	<b>142' 2"</b>	<b>130' 9"</b>
<b>DECATHLON/HEPTATHLON</b>	<b>5000</b>	<b>3000</b>