

2019 NWAC Track & Field Qualification Marks

<u>EVENT</u>	<u>MEN</u>	<u>WOMEN</u>
100m	11.14	12.84
200m	22.41	26.35
400m	51.08	61.25
800m	1:58.10	2:26.79
1,500m	4:06.33	5:03.33
3,000m STEEPLECHASE	10:18.99	12:49.39
5,000m	15:59.88	19:03.81
10,000m	34:52.85	43:06.74
100/110m HURDLES	15.65	15.68
400m HURDLES	57.70	1:07.79
4 X 100m RELAY	43.64	51.68
4 X 400m RELAY	3:28.61	4:14.05
HIGH JUMP	1.87m—6' 1 ¹ / ₂ "	1.52m—4' 11 ³ / ₄ "
POLE VAULT	4.23m—13' 10 ¹ / ₂ "	3.30m—10' 10"
LONG JUMP	6.71m—22' 0 ¹ / ₄ "	5.09m—16' 8 ¹ / ₄ "
TRIPLE JUMP	13.50m—44' 3 ¹ / ₂ "	10.63m—34' 10 ¹ / ₂ "
SHOT PUT	13.36m—43' 10"	11.49m—37' 8 ¹ / ₂ "
DISCUS THROW	39.62m—130' 0"	34.67m—113' 9"
JAVELIN THROW	53.44m—175' 4"	36.38m—119' 4"
HAMMER THROW	43.40m—142' 5"	37.86m—124' 2"
DEC/HEP	5000	3000