

2019 NWAC Track & Field Qualification Marks

EVENT	MEN	WOMEN
100 METERS	11.14	12.84
200 METERS	22.41	26.35
400 METERS	51.08	61.25
800 METERS	1:58.10	2:26.79
1,500 METERS	4:06.33	5:03.33
3,000 METER STEEPLECHASE	10:18.99	12:49.39
5,000 METERS	15:59.88	19:03.81
10,000 METERS	34:52.85	43:06.74
100/110 METER HURDLES	15.65	15.68
400 METER HURDLES	57.70	1:07.79
4 X 100 METER RELAY	43.64	51.68
4 X 400 METER RELAY	3:28.61	4:14.05
HIGH JUMP	6' 1 ½"	5' 1"
POLE VAULT	13' 11"	10' 9 ¾"
LONG JUMP	22' 0"	16' 8 ¼"
TRIPLE JUMP	44' 3 ½"	34' 11"
SHOT PUT	43' 10 ½"	37' 8 ¼"
DISCUS THROW	130' 0"	113' 9"
JAVELIN THROW	175' 4"	119' 4 ¼"
HAMMER THROW	142' 5"	124' 2 ½"
DECATHLON/HEPTATHLON	5000	3000