

### MEN'S TRACK & FIELD STANDARDS 2019

	<i>Primary Consideration</i>	<i>Secondary Consideration</i>
Event	2016 Trials "A"	CISM "B"
<b>100m</b>	10.16	10.45
<b>200m</b>	20.5	21.15
<b>400m</b>	45.4	46.50
<b>800m</b>	1:46	1:49.5
<b>1500m</b>	3:38	3:47.8
<b>5000m</b>	13:28	13:55
<b>10k</b>	28:15	29:00
<b>20k RW</b>	1:36:00	1:36:00
<b>110m Hurdles</b>	13.52	14.30
<b>400m Hurdles</b>	49.5	51.20
<b>3000m SC</b>	8:32	8:50
<b>High Jump</b>	2.28m	2.15
<b>Pole Vault</b>	5.65m	5.10
<b>Long Jump</b>	8.05m	7.50
<b>Triple Jump</b>	16.66m	16.00
<b>Shot Put</b>	20.50m	18.59
<b>Discus Throw</b>	62.00m	59.00
<b>Hammer Throw</b>	72.00m	67.00
<b>Javelin Throw</b>	77.00m	72.00
<b>Decathlon</b>	7900 pts.	7800
<b>4 x 100</b>		
<b>4 x 400</b>		

### WOMEN'S TRACK & FIELD STANDARDS 2019

	<i>Primary Consideration</i>	<i>Secondary Consideration</i>
Event	2016 Trials "A"	CISM "B"
<b>100m</b>	11.32	12.00
<b>200m</b>	23.20	24.40
<b>400m</b>	52.20	54.50
<b>800m</b>	02:03.0	2:09
<b>1500m</b>	04:09.5	4:25
<b>5000m</b>	15:25.0	16:52
<b>10k</b>	32:25.0	34:30
<b>5k RW</b>	1:48:00	
<b>100m Hurdles</b>	13.00	14.20
<b>400m Hurdles</b>	56.95	60.80
<b>3000m SC</b>	09:53.0	10:30
<b>High Jump</b>	1.85m	1.75
<b>Pole Vault</b>	4.50m	3.80
<b>Long Jump</b>	6.50m	6.00
<b>Triple Jump</b>	13.40m	12.50
<b>Shot Put</b>	17.60m	16.00
<b>Discus Throw</b>	57.00m	54.50
<b>Hammer Throw</b>	67.00m	61.00
<b>Javelin Throw</b>	54.00m	47.00
<b>Heptathlon</b>	6150 pts.	5900
<b>4 x 100</b>		
<b>4 x 400</b>		