



## 2018 PRE-COMMONWEALTH MEET ENTRY STANDARDS

Event	Men	Women
100m	10.85	12.15
200m	22.05	25.15
400m	49.25	57.00
800m	1:59.60	2:16.00
1500m	4:12.0	4.55.00
5000m	16.20.00	19.50.00
10,000m	35.00.00	40.00.00
100m Hurdles	-	14.70
110m Hurdles	14.50	-
400m Hurdles	55.00	1.02.25
3000m Steeple Chase	10:25.00	12:25.00
High Jump	1.90m	1.70m
Pole Vault	3.80m	2.20m
Long Jump	6.80m	5.45m
Triple Jump	13.90m	12.10m
Shot Put	15.90m	13.50m
Discus Throw	47.00m	40.00m
Hammer Throw	50.00m	40.00m
Javelin Throw	57.00m	39.00m
Heptathlon	-	3900 points
Decathlon	5500 points	