



**Entry Standards
for 2016 National Senior Trials**

EVENTS	WOMEN	MEN
100 M	11.70	10.60
200 M	23.70	21.00
400 M	53.70	47.30
800 M	2:10.00	1:50.00
1500 M	4:40.00	4:00.00
3000/ 5000 M	10:30.00	15:00.00
10000 M		35:00.00
3000 M SC	9:30.00	
5000 M SC		10:30.00
100 M Hurdles	13.75	
110 M Hurdles		14.30
400M Hurdles	58.00	52.00
Long Jump	6.10	7.40
High Jump	1.70	1.90
Triple Jump	12.50	14.50
Shot Put	13.50	17.00
Discus Throw	45.00	51.00
Javelin	45.00	60.00
Hep / Dec	4500	7000