



**Entry Standards
for 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	10:30.0	15:00.0
10000 M		35:00.0
3000 M SC	9:30.00	10:30.00
100 M /110 M Hurdles	13.75	14.30
400M Hurdles	59.00	53.00
Long Jump	6.10	7.25
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	63.00
Hep / Dec	4500	7000