



PROPOSED SENIOR STANDARD 2016

EVENTS	NACAC U 23	
	Women	Men
100m	11.60	10.45
200m	23.70	21.00
400m	53.80	47.00
800m	2.08.00	1.49.50
1500m	4.28.00	3.47.00
5000m	16.40.00	14.15.00
3000m s/c	10.45.00	9.10.00
Marathon		
100mH	13.70	
110mH		13.80
400mH	57.60	52.00
High Jump	1.84	2.18
Pole V	4.05	5.10
Long J	6.20	7.60
Triple J	13.00	15.90
Shot	15.00	17.00
Discus	48.00	52.00
Hammer	57.50	65.00
Javelin	50.00	70.00
Hep	5300	
Dec		6800

Qualifying Periods

NACAC U 23 1 January -26 June 2016

25-Apr-16