



**PROPOSED SENIOR STANDARD COMMONWEALTH GAMES 2018**

<b>EVENTS</b>	<b>Men</b>	<b>Women</b>
100m	10.25	11.41
200m	20.55	23.24
400m	46.00	53.08
800m	1.47.19	2.02.61
1500m	3.41.74	4.12.77
5000m	14.00.00	16.00.00
3000m s/c	9.05.13	10.00.00
Marathon	2.20.00	2.40.00
100mH		13.40
110mH	13.60	
400mH	50.00	57.00
High Jump	2.21	1.86
Pole V	5.00	3.60
Long J	7.79	6.30
Triple J	16.00	13.50
Shot	18.65	16.42
Discus	59.39	55.02
Hammer	67.99	61.84
Javelin	72.73	56.37
Hep		5400
Dec	7516	
4x100 m	39.20	44.78
4x400m	3.06.00	3.34.86

**Qualifying Periods**

Commonwealth Games - January 01 - September 30, 2017

Date: 15th June 2017