



**SENIOR STANDARD 2018**

EVENTS	CAC GAMES	
	Women	Men
100m	11.50	10.40
200m	23.70	20.90
400m	53.50	46.25
800m	2.07.00	1.49.50
1500m	4.28.00	3.47.00
5000m	16.40.00	14.10.00
3000m s/c	10.50.00	9.10.00
Marathon	2hr52:00	2hr35:00
100mH	13.60	
110mH		13.65
400mH	57.20	51.00
High Jump	1.86	2.18
Pole Vault	3.95m	5.10m
Long Jump	6.25m	7.65m
Triple Jump	13.10	15.90
Shot	15.00	16.50
Discus	49.00	54.00
Hammer	57.00	6.00
Javelin	51.50	72.00
Heptathlon	5350	
Decathlon		6500
4x100 m	45.00	39.50
4x400m	3.38.00	3.07.00

**Qualifying Periods**

CAC Games 1 January - 24th June 2018

**6-Mar-18**