



**SENIOR STANDARDS FOR 2018**  
**NACAC SENIOR CHAMPIONSHIPS 2018**

Women	Event	Men
11.50	100 m	10.38
23.64	200 m	20.90
52.94	400 m	46.07
02:06.0	800 m	1:49.50
04:26.0	1,500 m	3:47.0
16:40.0	5,000 m	14:10.0
35:51.0	10,000 m	30:10.0
13.50	100 m hurdles	
	110 m hurdles	13.65
58.00	400 m hurdles	51.00
10:46.0	3,000 m steeplechase	09:00.0
1.80	High jump	2.20
3.80	Pole vault	5.10
6.25	Long jump	7.65
13.10	Triple jump	16.17
15.82	Shot put	18.14
50.94	Discus throw	54.00
51.50	Javelin throw	72.00
61.85	Hammer throw	63.15
5350	Heptathlon	
	Decathlon	7063
2:55:00	Marathon	2:21:00
1:42:00	20 km race walk	1:30:00
	50 km race walk	04:18.0

**Qualifying Period**

NACAC Senior Championships - 1 January - 24 June 2018

**6-Mar-18**