



## NACAC U23 Senior Standards 2021

Men	Event	Women
10.46	100 m	11.60
21.00	200m	23.70
47.05	400 m	53.80
1.50.00	800 m	2.08.00
3.58.00	1,500 m	4.38.00
	3000m	
15.20.00	5000m	17.30.00
	10,000 m	
	10,000RW	
	Marathon	
9.25.00	3,000 m steeplechase	11.00.00
13.80	110mH/100mH	13.65
51.50	400 m hurdles	57.60
2.15	High jump	1.78
4.90	Pole vault	3.80
7.55	Long jump	6.10
15.55	Triple jump	12.90
16.80	Shot put	15.40
52.00	Discus throw	48.00
63.00	Hammer throw	57.50
70.00	Javelin throw	50.00
	Heptathlon	5300
6800	Decathlon	
	20 km race walk	
	50 km race walk	

### Qualifying Period

July 9th - 11th - NACAC U23 - Qualifying Period - 1st January - June 27th 2021

06-May-21