

### Senior Standards 2022

Events	CARIBBEAN GAMES		<u>NACAC Sen Champiimps</u>		Commonwealth Games	
	MEN	WOMEN	Men	Women	Men	Women
100 m	10.30	11.60	10.35	11.50	10.25	11.41
200 m			20.70	23.64	20.55	23.24
400 m	46.00	52.80	46.07	52.94	46.00	53.08
800 m		2.10.00	1.49.50	2.06.00	1.47.19	2.02.61
1,500 m	4.00.00		3.47.00	4.26.00	3.41.74	4.12.77
5,000 m			14.10.00	16.40.00	14.00.00	16.00.00
10,000 m			30.10.00	35.51.00		
100 m hurdles		13.70		13.50		13.40
110 m hurdles	13.95		13.65		13.60	
400 m hurdles			51.00	58.00	50.00	57.00
3,000 m s/c			9.00.00	10.46.00	9.05.13	10.00.00
High jump			2.20	1.80	2.21	1.86
Pole vault			5.10	3.80	5.00	3.60
Long jump	7.70m	6.15m	7.65	6.25	7.79	6.30
Triple jump	16.00m	12.95m	16.17	13.10	16.00	13.50
Shot put	17.40m		18.14	15.82	18.65	16.42
Discus throw			54.00	50.94	59.39	55.02
Javelin throw		45.75m	72.00	51.50	72.73	56.37
Hammer throw			63.15	61.85	67.99	61.84
Heptathlon				5350		5400
Decathlon			7063		7516	
Marathon			2:21:00	2:55:00	2:20:00	2:40:00
20 km race walk			1:30:00	1:42:00		
50 km race walk			04:18.0			
4x100m Relay	42.00	47.00			39.20	44.78
4x400m Relay					3:06.00	3:34.86