

**ENTRY STANDARDS 2026**

Men	Event	Women
10,75	100m	12,05
21,80	200m	24,65
48,50	400m	55,50
1:53,00	800m	2:10,00
3:53,00	1.500m	4:30,00
14,20 (0,991)	110m / 100m Hurdles	14,20
54,00	400m Hurdles	61,50
2,08	High Jump	1,76
4,95	Pole Vault	3,85
7,25	Long Jump	5,90
14,90	Triple Jump	12,50
17,00 (6kg)	Shot Put	13,50
52,00 (1.75kg)	Discus Throw	45,00
64,00 (6kg)	Hammer Throw	55,00
65,00	Javelin Throw	47,50
NES	4x100m	NES
NES	4x100m Mixed	NES
NES	4x400m	NES
NES	4x400m Mixed	NES