

2025 WOMEN'S OUTDOORS	
EVENT	2025 STANDARD
100M	12.25
100M HH	14.98
200M	25.25
400M	58.00
400 IH	1:05.20
800M	2:14.75
**1500M (Mile)	4:39.00 (5:01.32)
STEEPLE	11:30.24
5000M	17:50.00
10000M	40:24.24
4X100	TOP 32 DECLARED
4X400	TOP 32 DECLARED
4X800	TOP 32 DECLARED
HIGH JUMP	1.68m
POLE VAULT	3.60m
LONG JUMP	5.65m
TRIPLE JUMP	11.55m
SHOT PUT	12.80m
DISCUS THROW	40.00m
HAMMER THROW	49.00m
JAVELIN THROW	39.00m
Heptathlon	Top 12

2025 MEN'S OUTDOORS	
EVENT	2025 STANDARD
100M	10.88
110M HH	15.1
200M	22.1
400	49.24
400M IH	55.3
800M	01:53.4
1500M	03:54.2
STEEPLE	09:42.8
5000M	14:58.0
10000M	32:35.0
4X100M	TOP 32 DECLARED
4X400M	TOP 32 DECLARED
4X800M	TOP 32 DECLARED
HIGH JUMP	1.98m
POLE VAULT	4.55m
LONG JUMP	6.88m
TRIPLE JUMP	14.00m
SHOT PUT	15.40m
DISCUS THROW	45.11m
HAMMER THROW	52.50m
JAVELIN THROW	58.25m
DECATHLON	TOP 16 DECLARED