



All Atlantic Region Track and Field Conference
2021 REVISED Outdoor Track and Field Qualifying Standards

<u>Event</u>	<u>Men</u>	<u>Women</u>
100 meters	11.10	12.85
200 meters	22.40	26.50
400 meters	50.30	1:00.00
800 meters	1:57.00	2:21.00
1500 meters	4:03.00	4:54.00
5000 meters	15:25.00	18:45.00
10,000 meters	33:30.00	41:30.00
110 Hurdles	15.80	15.80
400 Hurdles	57.00	1:09.00
3000 Steeple	9:55.00	12:30.00
4x100 Relay	43.50	51.00
4x400 Relay	3:27.00	4:12.00
4x800 Relay	open	open
High Jump	1.90m	1.55m
Pole Vault	4.40m	3.20m
Long Jump	6.70m	5.20m
Triple Jump	13.30m	10.80m
Shot Put	13.75m	11.20m
Discus	41.00m	35.00m
Hammer	47.00m	43.00m
Javelin	49.00m	32.00m
Decathlon/ Heptathlon	Top 16/ 4800 pts	Top 16/ 3100 pts

The top (16) declared individuals who meet the standard will qualify for the decathlon / heptathlon. Compiled scores must be greater than the qualifying standard and athletes with a compiled score will not supersede athletes who have submitted a qualifying score from a completed multi-event.