



2026 MEET STANDARDS

Please note we will no longer have different standards for unattached and collegiate. The standards below are what any athlete (college or open) must hit to guarantee competition. When you are entering the meet, you are paying an entry fee, but you must hit one of the times below to be eligible to compete.

We are not giving refunds for athletes who are entered but don't hit the entry standards.

EVENT	MEN	WOMEN
100m	11.10	12.70
200m	22.00	25.30
400m	49.00	57.20
800m	1:57.00	2:20.00
1500m	4:00.00	4:56.00
3000m SC	9:10.00	11:05.00
5000m	15:00.00	18:15.00
10000m	31:40.00	38:20.00
110m H 100m H	15.00	14.80
400m H	55.60	1:03.50
High Jump	1.94	1.55
Pole Vault	4.60	3.40
Long Jump	6.50	5.30
Triple Jump	12.50	11.00
Shot Put	12.50m	11.00m
Discus	44m	40m
Hammer	44m	38m
Javelin	46.00	33.00
Decathlon Heptathlon	6,500 Decathlon	4,300 Heptathlon