



2017 Oceania Area Championships Entry Standards

	Open Men	Open Women	U20 Men	U20 Women	U18 Men	U18 Women
100m	11.30	13.20	11.70	13.70	11.80	14.00
200m	23.30	27.00	24.00	28.00	24.50	29.00
400m	51.00	59.00	55.00	63.00	60.00	63.00
800m	2.05.00	2.23.00	2.15.00	2.40.00	2.20.00	2.45.00
1500m	4.20.00	5.20.00	4.30.00	5.25.00	4.40.00	5.30.00
2000m Steeplechase					7.44.00	9.30
3000m Steeplechase	11.00.00	13.00.00	12.00.00	15.40.00		
3000m				13.00.00	10.10.00	13.30.00
5000m	17.20.00	22.30.00	17.45.00	28.00.00		
10000m	35.00.00	44.00.00	37.30.00			
100m Hurdles		17.00		18.00		19.00
110m Hurdles	17.00		17.00		17.00	
400m Hurdles	60.00	1.08.00	1.03.00	1.12.00	1.10.00	1.17.00
5000m Walk	No Standard	No Standard	No Standard	No Standard	No Standard	No Standard
10000m Walk	No Standard	No Standard	No Standard	No Standard	No Standard	No Standard
Long Jump	6.00	4.80	5.60	4.40	5.20	4.00
Triple Jump	12.00	10.50	11.60	10.00	11.20	9.50
High Jump	1.75	1.50	1.65	1.35	1.55	1.25
Pole Vault	3.40	3.00	3.00	2.70	2.70	2.40
Discus	36.00	30.00	34.00	28.00	31.00	25.50
Hammer	40.00	32.00	32.00	27.00	28.00	26.00
Javelin	45.00	32.00	40.00	31.00	35.00	30.00
Shot Put	12.50	9.50	11.00	9.50	9.50	9.50
Decathlon	No Standard		No Standard		No Standard	
Heptathlon		No Standard		No Standard		No Standard
4x100m Relays						
4x400m Relays						
Mixed Medley Relay						