

ENTRY STANDARDS-2018 MELANISIAN REGIONAL CHAMPIONSHIPS

	Open Men	Open Women	U18 Men	U18 Women
100m	11.30	13.20	11.80	13.70
200m	23.30	27.00	24.20	28.00
400m	51.00	59.00	58.00	63.00
800m	2.05.00	2.23.00	2.15.00	2.45.00
1500m	4.20.00	5.20.00	4.40.00	5.30.00
2000m Steeplechase			7.44.00	9.00.00
3000m Steeplechase	11.00.00	13.00.00		
3000m			10.00.00	12.00.00
5000m	17.20.00	22.30.00		
10000m	35.00.00	44.00.00		
100m Hurdles		17.00		19.00
110m Hurdles	17.00		17.00	
400m Hurdles	60.00	68.00	68.00	76.00
Long Jump	6.00	4.80	5.40	4.60
Triple Jump	12.00	10.50	11.20	10.00
High Jump	1.75	1.50	1.55	1.25
Pole Vault	3.40	3.00	2.70	2.40
Discus	36.00	30.00	32.00	28.00
Hammer	40.00	32.00	30.00	30.00
Javelin	45.00	32.00	35.00	30.00
Shot Put	12.50	9.50	10.00	10.00
Decathlon	No Standard		No Standard	
Heptathlon		No Standard		No Standard
Walks	No Standard			
Realys	No Standard			