



OUTDOOR CHAMPIONSHIPS- 2026

WOMEN'S OUTDOOR STANDARDS

<u>2026 WOMEN'S OUTDOORS</u>	
EVENT	PROPOSED 2026 STANDARD
100M	12.25
100M HH	14.98
200M	25.25
400M	58
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
4X1	TOP 32 DECLARED
4X4	TOP 32 DECLARED
4X8	TOP 32 DECLARED
LJ	5.65m
TJ	11.55m
HJ	1.68m
PV	3.60m
SP	12.80m
HT	49.00m
DT	40.00m
JT	39.00m
Heptathlon	Top 12



OUTDOOR CHAMPIONSHIPS- 2026

MEN'S OUTDOOR STANDARDS

<u>2026 MEN'S OUTDOORS</u>	
EVENT	PROPOSED 2026 STANDARD
100M	10.88
100M HH	15.1
200M	22.1
400M	49.24
400 IH	55.24
800M	1:53.4
**1500M (Mile)	3:54.2
STEEPLE	9:42.8
5000M	14:58.00
10000M	32:35.00
4X1	TOP 32 DECLARED
4X4	TOP 32 DECLARED
4X8	TOP 32 DECLARED
LJ	6.98m
TJ	14.00m
HJ	1.98m
PV	4.55m
SP	15.40m
HT	52.50m
DT	45.11m
JT	58.25m
Decathlon	Top 12