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| **2023 MEN'S OUTDOORS** |  | **2023 WOMEN'S OUTDOORS** |  |  |
| EVENT | PROPOSED 20' STANDARD |  | EVENT | STANDARD |  |  |
| 100m | 10.88 |  | 100M | 12.25 |  |  |
| 110 HH | 15.30 |  | 100M HH | 14.98 |  |  |
| 200m | 22.10 |  | 200M | 25.25 |  |  |
| 400m | 49.54 |  | 400M | 58.00 |  |  |
| 400 IH | 55.30 |  | 400 IH | 1:05.20 |  |  |
| 800m | 1:53.40 |  | 800M | 2:14.75 |  |  |
| \*\*1500m (Mile) | 3:54.24 (4:12.97) |  | \*\*1500M (Mile) | 4:39.00 (5:01.32) |  |  |
| Steeple | 9:42.84 |  | STEEPLE | 11:30.24 |  |  |
| 5000m | 14:58.00 |  | 5000M | 17:50.00 |  |  |
| 10000m | 32:35.00 |  | 10000M | 40:24.24 |  |  |
| 4x100m | TOP 32 DECLARED |  | 4X1 | TOP 32 DECLARED |  |  |
| 4x400m | TOP 32 DECLARED |  | 4X4 | TOP 32 DECLARED |  |  |
| 4x800M | TOP 32 DECLARED |  | 4X8 | TOP 32 DECLARED |  |  |
| LJ | 6.88m |  | LJ | 5.65m |  |  |
| TJ | 14.27m |  | TJ | 11.55m |  |  |
| HJ | 1.98m |  | HJ | 1.68m |  |  |
| PV | 4.55m |  | PV | 3.60m |  |  |
| SP | 15.19m |  | SP | 12.80m |  |  |
| HT | 51.82m |  | HT | 49.00m |  |  |
| DT | 45.11m |  | DT | 40.00m |  |  |
| JT | 58.25m |  | JT | 39.00m |  |  |
| Decathlon | Top 12 |  | Heptathlon | Top 12 |  |  |