

2024 WOMEN'S OUTDOORS	
EVENT	PROPOSED 2024 STANDARD
100M	12.25
100M HH	14.98
200M	25.25
400M	58.00
400 IH	1:05.20
800M	2:14.75
1500M	4:39.00
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 16

2024 MEN'S OUTDOORS	
EVENT	PROPOSED 2024 STANDARD
100M	10.88
110M HH	15.10
200M	22.10
400M	49.24
400 IH	55.30
800M	1:53.40
1500M	3:54.24
STEEPLE	9:42.84
5000M	14:58.00
10000M	32:35.00
4X1	TOP 32 DECLARED
4X4	TOP 32 DECLARED
4X8	TOP 32 DECLARED
LJ	6.88
TJ	14.27
HJ	1.98
PV	4.55
SP	15.40
HT	52.50
DT	45.11
JT	58.25
Decathlon	Top 16