

2025 MEET STANDARDS

Please note we will no longer have different standards for unattached and collegiate. The standards below are what any athlete (college or open) must hit to guarantee competition. When you are entering the meet, you are paying an entry fee, but you must hit one of the times below to be eligible to compete.

We are not giving refunds for athletes who are entered but don't hit the entry standards.

EVENT	MEN	WOMEN
100m	10.87	12.21
200m	21.82	24.90
400m	49.00	57.00
800m	1:57.00	2:20.00
1500m	3:58.00*	4:54.00*
3000m SC	9:10.00	11:00.00
5000m	15:00.00	18:15.00
10000m	31:20.00	38:00.00
110m H 100m H	14.85	14.64
400m H	55.75	1:04.1
High Jump	1.95	1.61
Pole Vault	4.50	3.50
Long Jump	6.90	5.70
Triple Jump	13.50	11.70
Shot Put	13m	12.00m
Discus	46m	42m
Hammer	47m	44m
Javelin	46.00	33.00
Decathlon Heptathlon	6,500 Deca or 4,700 Indoor	4,500 Hept or 3,300 Indoor

* 1500m standards are subject to change. TBA announced before registration opens.