

Appendix 1: Entry Standards

	Open Men	Open Women	U20 Men	U20 Women	U18 Men	U18 Women
100m	11.40	13.20	11.80	13.70	11.95	13.90
200m	23.40	27.00	24.00	28.00	24.20	28.40
400m	51.50	59.00	55.00	63.00	58.00	63.00
800m	2.07.00	2.23.00	2.15.00	2.40.00	2.15.00	2.45.00
1500m	4.20.00	5.20.00	4.30.00	5.25.00	4.40.00	5.30.00
2000m Steeplechase					7.44.00	9.00.00
3000m Steeplechase	11.00.00	13.00.00	12.00.00	15.40.00		
3000m					10.00.00	12.00.00
5000m	17.20.00	22.30.00	17.45.00	24.30.00		
100m Hurdles		17.00		18.00		19.00
110m Hurdles	17.00		17.00		17.00	
400m Hurdles	60.00	68.00	63.00	72.00	68.00	76.00
5000m Walk	24.45	26.30	27.30	29.45	30.30	35.00
Long Jump	6.00	4.80	5.60	4.40	5.40	4.40
Triple Jump	13.00	11.00	11.60	10.00	11.20	10.00
High Jump	1.75	1.50	1.65	1.35	1.55	1.25
Discus	36.00	30.00	34.00	28.00	32.00	28.00
Hammer	40.00	32.00	32.00	27.00	30.00	30.00
Javelin	45.00	32.00	40.00	31.00	35.00	30.00
Shot Put	11.50	10.00	11.00	10.00	10.00	10.00
4x100m Relay	Yes	Yes	No	No	Yes	Yes
Mixed 4x100m Relay	No	No	No	No	No	No
Mixed 4x400m Relay	Yes	Yes	Yes	Yes	Yes	Yes

All performances must be achieved during competitions organised or authorised by World Athletics, its Area Association or its Member Federations and conducted in conformity with World Athletics Rules.

Performances achieved in mixed competitions in track events will not be accepted. Exceptionally, in accordance with Rule 9 of the World Athletics Technical Rules, performances achieved in events of 5000m and 10,000m may be accepted in circumstances where there were insufficient athletes of one or both genders to justify the conduct of separate races and there was no pacing or assistance given by an athlete (s) of one gender to an athlete(s) of the other gender.

Oceania Athletics and the Technical Delegate have the right to reject a qualifying performance.