

ECU

TRACK & FIELD EAST CAROLINA TRACK & FIELD



Please find below our standards for consideration
at East Carolina University:



<u>EVENTS</u>	<u>MEN</u>	<u>2025 AAC Top 8</u>	<u>WOMEN</u>	<u>2025 AAC Top 8</u>
100m	10.50	10.35	11.50	11.59
200m	21.20	20.93	23.70	23.42
400m	47.50	46.71	54.80	53.46
100mh			13.85	13.47
110mh	14.00	14.03		
300mh	37.00		42.70	
400mh	51.50	52.13	59.20	59.64
800m	1:53.00	1:50.38	2:12.00	2:09.86
1500m	3:58.00	3:47.59	4:48.00	4:29.82
1600m	4:18.00		5:12.00	
32000m	9:25.00		11:10.00	
Long Jump	23'10	24'0	19'5	19'11
Triple Jump	48'7	48'7.5	39'8	40'2.75
High Jump	6'8	6'7.75	5'6	5'5.25
Pole Vault	15'5	15'5.5	12'0	12'8.75
Shot Put	56'7	55'8.75	49'2	45'5.75
Discuss	177'2	178'1	160'0	153'4
Javelin	213'3	212'7	164'0	144'7
Hammer	196'0	187'11	177'0	168'9
Weight Throw	60'2	60'6	59'1	57'8.25



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