



National Championships Qualifying Standards

Timing: Meet directors must report performances as recorded/timed in the competition - if hand timed, report as a hand time to the tenth of a second; if fully automatic timed, report as F.A.T. to the hundredth of a second. DO NOT CONVERT HAND TIMES to F.A.T.

Standards are based on a 200m banked track. For qualification procedures, the most current USTFCCA conversions for altitude and track size adjustments will be used. Hand times are not accepted in events 200 meters or less.

2025-26 Indoor Track and Field Qualifying Standards

Event	MEN		WOMEN	
	"A" Standard / "B" Standard		"A" Standard / "B" Standard	
60 Meters	6.73	6.80	7.55	7.64
200 Meters	21.30	21.62	24.54	24.99
400 Meters	47.77	48.44	56.32	57.45
600 Meters	1:19.47	1:20.53	1:33.72	1:36.33
800 Meters	1:51.92	1:52.54	2:14.73	2:17.33
1,000 Meters	2:26.79	2:28.24	2:55.65	2:59.37
Mile Run	4:10.00	4:12.00	4:58.00	5:04.00
3,000 Meters	8:20.00	8:26.00	9:52.00	10:03.00
5,000 Meters	14:32.00	14:45.00	17:19.00	17:41.00
3,000 Meter Race Walk	13:54.00	16:06.00	16:13.00	18:04.00
60 Meter Hurdles	8.02	8.16	8.58	8.81
4 x 400 Meter Relay	3:15.00	3:18.00	3:52.00	3:57.00
4 x 800 Meter Relay	7:43.00	7:48.00	9:24.00	9:34.00
Distance Medley Relay	10:04.00	10:11.00	12:10.00	12:25.00
High Jump	2.07m	2.04m	1.69m	1.66m
Pole Vault	4.85m	4.75m	3.65m	3.55m
Long Jump	7.27m	7.10m	5.76m	5.61m
Triple Jump	14.82m	14.44m	11.86m	11.49m
Shot Put	16.71m	15.90m	14.27m	13.39m
Weight Throw	18.49m	17.48m	17.39m	16.65m
Heptathlon (M) / Pentathlon (W)	Top 16 declared		Top 16 declared	



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Standards are based on a 400m track. For qualification procedures, the most current USTFCCCA conversions for altitude and track size adjustments will be used. Hand times are not accepted in events 200 meters or less.

2025-26 Outdoor Track and Field Qualifying Standards

Event	MEN		WOMEN	
	"A" Standard / "B" Standard		"A" Standard / "B" Standard	
100 Meters	10.33	10.42	11.65	11.85
200 Meters	20.83	21.13	23.90	24.49
400 Meters	47.16	47.57	55.09	56.45
800 Meters	1:50.59	1:51.92	2:11.26	2:13.91
1,500 Meters	3:49.00	3:51.00	4:28.00	4:35.00
5,000 Meters	14:22.00	14:35.00	16:59.00	17:19.00
10,000 Meters	30:29.00	30:53.00	36:17.00	37:06.00
5,000 Meter Race Walk	23:31.00	26:29.00	27:02.00	29:51.00
110/100 Meter Hurdles	14.20	14.47	13.85	14.19
400 Meter Hurdles	52.53	53.53	1:01.58	1:03.34
3,000 Meter Steeplechase	9:15.00	9:23.00	11:02.00	11:19.00
4 x 100 Meter Relay	40.55	41.01	46.36	47.30
4 x 400 Meter Relay	3:13.00	3:15.00	3:49.00	3:53.00
4 x 800 Meter Relay	7:36.00	7:42.00	9:15.00	9:25.00
High Jump	2.09m	2.06m	1.70m	1.67m
Pole Vault	4.90m	4.80m	3.78m	3.68m
Long Jump	7.42m	7.37m	5.93m	5.78m
Triple Jump	15.08m	14.60m	12.03m	11.72m
Shot Put	16.79m	16.17m	14.14m	13.47m
Discus	52.00m	49.36m	47.73m	44.73m
Hammer	58.72m	54.77m	54.19m	51.08m
Javelin	62.45m	58.60m	42.79m	40.94m
Decathlon (M) / Heptathlon (W)	Top 16 declared		Top 16 declared	