

NE D3 T&F QUALIFYING STANDARDS FOR 2026

**FIELDS WILL BE FILLED TO 32 PER INDIVIDUAL TRACK EVENT AND TO 24 PER FIELD EVENT
(EXCEPTION: 14 IN THE MULTIS)**

OUTDOOR EVENT	MEN		WOMEN	
	AUTO	PROVISIONAL	AUTO	PROVISIONAL
100 meters	10.80	11.20	12.40	12.90
100 meter HH			15.50	16.60
110 meter HH	15.20	16.50		
200 meters	21.90	22.80	25.40	27.00
400 meters	49.20	51.50	58.50	1:02.00
400 meter IH	56.00	59.50	1:07.00	1:10.00
800 meters	1:54.00	1:59.00	2:18.00	2:25.00
1500 meters	3:55.00	4:05.00	4:41.00	4:58.00
3000 meter SC	9:45.00	10:15.00	11:45.00	12:30.00
5000 meters	14:55.00	15:30.00	17:45.00	18:45.00
10,000 meters	31:30.00*	33:45.00*	38:30.00*	41:20.00*
4x100m relay	OPEN	OPEN	OPEN	OPEN
4x400m relay	OPEN	OPEN	OPEN	OPEN
4x800m relay	OPEN	OPEN	OPEN	OPEN
High Jump	1.92	1.87	1.58	1.52
Pole Vault	4.45	4.00	3.45	3.05
Long Jump	6.70	6.35	5.30	5.00
Triple Jump	13.50	12.90	10.90	10.40
Shot Put	14.30	13.40	11.70	10.80
Discus	42.50	40.00	36.00	33.00
Hammer	50.00	44.00	44.00	40.00
Javelin	55.00	50.00	36.00	33.00
Heptathlon			3675	3150
Decathlon	5250	4500		