



# Commonwealth Games

Gold Coast, Australia – April 4<sup>th</sup> – 15<sup>th</sup>, 2018

## Entry Standards

Men	Event	Women
10.30	100m	11.50
20.70	200m	23.40
46.00	400m	53.00
1:46.00	800m	2:01.50
3:37.00	1500m	4:08.50
13:22.60	5000m	15:22.00
27:45.00	10,000m	32:15.00
8:32.00	3000m Steeplechase	9:42.00
13.60	110m H/100m H	13.30
50.50	400m H	58.10
2:15:00	Marathon	2:40:00
2.20	High Jump	1.85
5.00	Pole Vault	4.00
7.70	Long Jump	6.40
16.20	Triple Jump	13.60
18.50	Shot-put	16.75
60.00	Discus	55.00
65.00	Hammer Throw	60.00
75.00	Javelin Throw	51.00

\*Qualification period: 1st August 2017 to 3<sup>rd</sup> March 2018

\*Marathon participants will be selected as per availability