

2022 Men's Standards

Class	Event	National Team A	National Team B	Emerging/VMAA	World Championships Minimum Entry	Nationals Entry Standard	Nationals Entry Standard (JUNIORS)
T11	100m	11.03	11.21	12.68	-	13.79	-
T12	100m	10.75	10.85	12.36	-	13.44	-
T13	100m	10.64	10.83	12.24	-	13.30	-
T34	100m	15.37	15.66	17.68	-	19.21	-
T35	100m	11.75	12.40	13.51	-	14.69	-
T36	100m	11.91	12.10	13.70	-	14.89	-
T37	100m	11.29	11.32	12.98	-	14.11	-
T38	100m	11.00	11.43	12.65	-	13.75	-
T44	100m	12.54	13.16	14.42	-	15.68	-
T45/46/47	100m	10.64	10.95	12.24	-	13.30	-
T51	100m	19.86	22.22	22.84	-	24.83	-
T52	100m	16.97	17.26	19.52	-	21.21	-
T53	100m	14.52	14.90	16.70	-	18.15	-
T54	100m	13.85	13.96	15.93	-	17.31	-
T63(42)	100m	12.22	12.43	14.05	-	15.28	-
T62/64	100m	10.79	10.99	12.41	-	13.49	-
T35	200m	23.75	25.59	27.31	-	29.69	-
T37	200m	22.62	22.85	26.01	-	28.28	-
T51	200m	36.83	41.04	42.35	-	46.04	-
T64/44	200m	22.09	22.66	25.40	-	27.61	-
T11	400m	51.14	52.01	58.81	-	1:03.93	-
T12	400m	48.01	49.17	55.21	-	60.01	-
T13	400m	48.76	49.27	56.07	-	60.95	-
T20	400m	47.81	48.42	54.98	-	59.76	-
T36	400m	53.94	55.90	62.03	-	67.43	-
T37	400m	50.44	51.14	58.01	-	63.05	-
T38	400m	50.85	51.29	58.48	-	63.56	-
T45/46/47	400m	48.04	49.39	55.25	-	60.05	-
T51/52	400m	57.88	1:00.57	66.56	-	1:12.35	-
T53	400m	48.70	48.74	56.01	-	60.88	-

T54	400m	46.13	46.42	53.05	-	57.66	-
T62(43)	400m	48.61	51.98	55.90	-	60.76	-
T33/34	800m	1:42.04	1:43.79	1:57.35	-	02:07.55	-
T53	800m	1:36.43	1:37.02	1:50.89	-	02:00.54	-
T54	800m	1:31.12	1:32.64	1:44.79	-	01:53.90	-
T11	1500m	4:05.55	4:09.88	4:42.38	-	05:06.94	-
T12/13	1500m	3:49.72	3:51.18	4:24.18	-	04:47.15	-
T20	1500m	3:54.52	3:56.80	4:29.70	-	04:53.15	-
T37/38	1500m	4:03.07	4:05.27	4:39.53	-	05:03.84	-
T45/46	1500m	3:53.51	3:55.56	4:28.54	-	04:51.89	-
T53/54	1500m	2:50.68	2:50.86	3:16.28	-	03:33.89	-
T11	5000m	15:17.41	15:35.82	17:35.02	-	19:06.76	-
T12/13	5000m	14:34.13	14:38.00	16:45.25	-	18:12.66	-
T53/54	5000m	9:59.11	10:01.84	11:28.98	-	12:28.89	-
T11/12	Marathon	2:27.26	2:29.55	2:49.29	-	-	-
T52/53/54	Marathon	1:24.27	1:26.46	1:36.67	-	-	-
T11-13, T33-34/T51-54, T35-38, T42-47/T61-64	4x100m Medley Relay	-	-	-	-	-	-
T45/46/47	High Jump	2.06	1.94	1.55	-	1.55	-
T61/63 (42)	High Jump	1.83	1.80	1.37	-	1.37	-
T64(44)	High Jump	2.07	1.96	1.55	-	1.55	-
T11	Long Jump	6.36	6.15	4.77	-	4.77	-
T12	Long Jump	7.04	6.89	5.28	-	5.28	-
T13	Long Jump	7.04	6.74	5.28	-	5.28	-
T20	Long Jump	7.12	7.01	5.34	-	5.34	-

T36	Long Jump	5.66	5.64	4.25	-	4.25	-
T37	Long Jump	6.15	6.10	4.61	-	4.61	-
T38	Long Jump	6.78	6.53	5.09	-	5.09	-
T45/46/47	Long Jump	7.34	7.30	5.51	-	5.51	-
T61/63 (42)	Long Jump	7.12	6.75	5.34	-	5.34	-
T62/64 (43/44)	Long Jump	7.39	6.89	5.54	-	5.54	-
F11	Shot	13.60	13.22	10.20	-	10.20	-
F12	Shot	15.94	14.96	11.96	-	11.96	-
F20	Shot	16.60	15.75	12.45	-	12.45	-
F32	Shot	10.84	10.37	8.13	-	8.13	-
F33	Shot	11.30	10.88	8.48	-	8.48	-
F34	Shot	11.36	11.09	8.52	-	8.52	-
F35	Shot	15.87	14.70	11.90	-	11.90	-
F36	Shot	15.12	14.68	11.34	-	11.34	-
F37	Shot	14.58	14.45	10.94	-	10.94	-
F40	Shot	11.01	10.60	8.26	-	8.26	-
F41	Shot	13.83	13.51	10.37	-	10.37	-
F46	Shot	16.29	15.90	12.22	-	12.22	-
F53	Shot	8.25	7.77	6.19	-	6.19	-
F54/55	Shot	12.15	11.89	9.11	-	9.11	-
F56/57	Shot	14.77	13.99	11.08	-	11.08	-
F61/63(42)	Shot	14.53	13.90	10.90	-	10.90	-
F31/32	Club	35.34	34.31	26.51	-	26.51	-
F51	Club	31.19	29.98	23.39	-	23.39	-
F11	Discus	40.60	36.22	30.45	-	30.45	-
F37	Discus	54.09	49.85	40.57	-	40.57	-
F51/52	Discus	20.02	19.51	15.02	-	15.02	-
F54/55/56	Discus	43.36	41.37	32.52	-	32.52	-
F63/64 (43/44)	Discus	60.66	54.85	45.50	-	45.50	-

F12/13	Javelin	64.30	59.89	48.23	-	48.23	-
F33/34	Javelin	37.11	32.47	27.83	-	27.83	-
F38	Javelin	54.95	54.07	41.21	-	41.21	-
F40/41	Javelin	43.35	37.51	32.51	-	32.51	-
F45/46	Javelin	64.01	60.63	48.01	-	48.01	-
F53/54	Javelin	31.19	29.64	23.39	-	23.39	-
F56/57	Javelin	48.93	45.72	36.70	-	36.70	-
F61-64 (42-44)	Javelin	65.61	60.29	49.21	-	49.21	-

2022 Women's Standards

Class	Event	National Team A	National Team B	Emerging/VMAA	World Championships Minimum Entry	Nationals Entry Standard	Nationals Entry Standard (JUNIORS)
T11	100m	12.15	12.37	13.97	-	15.19	-
T12	100m	12.10	12.39	13.92	-	15.13	-
T13	100m	12.06	12.20	13.87	-	15.08	-
T33/34	100m	18.68	18.94	21.48	-	23.35	-
T35	100m	14.18	15.38	16.31	-	17.73	-
T36	100m	14.46	14.60	16.63	-	18.08	-
T37	100m	13.16	13.37	15.13	-	16.45	-
T38	100m	12.77	12.99	14.69	-	15.96	-
T45/46/47	100m	12.19	12.25	14.02	-	15.24	-
T53	100m	16.48	16.90	18.95	-	20.60	-
T54	100m	16.21	16.48	18.64	-	20.26	-
T61/63(42)	100m	14.72	15.02	16.93	-	18.40	-
T62/64(43/44)	100m	12.84	12.86	14.77	-	16.05	-
T11	200m	25.19	25.81	28.97	-	31.49	-
T12	200m	24.85	25.27	28.58	-	31.06	-
T35	200m	30.24	32.79	34.78	-	37.80	-
T36	200m	30.96	31.14	35.60	-	38.70	-
T37	200m	27.33	27.72	31.43	-	34.16	-
T45/46/47	200m	25.05	25.51	28.81	-	31.31	-
T64 (44)	200m	26.65	27.08	30.65	-	33.31	-
T11	400m	57.46	58.73	66.08	-	1:11.83	-

T12	400m	56.95	59.14	65.49	-	1:11.19	-
T13	400m	55.53	56.79	63.86	-	1:09.41	-
T20	400m	57.43	59.09	66.04	-	1:11.79	-
T37	400m	1:03.82	1:06.85	1:13.39	-	01:19.78	-
T38	400m	1:00.17	1:01.16	1:09.20	-	01:15.21	-
T45/46/47	400m	57.32	58.45	65.92	-	1:11.65	-
T53	400m	56.14	56.81	64.56	-	1:10.18	-
T54	400m	53.50	54.82	61.53	-	1:06.88	-
T33/34	800m	2:02.22	2:15.26	2:20.55	-	02:32.78	-
T53	800m	1:47.66	1:48.94	2:03.81	-	02:14.58	-
T54	800m	1:44.43	1:49.11	2:00.09	-	02:10.54	-
T11	1500m	4:45.58	4:51.38	5:28.42	-	05:56.98	-
T12/13	1500m	4:30.67	4:33.96	5:11.27	-	05:38.34	-
T20	1500m	4:35.34	4:45.71	5:16.64	-	05:44.18	-
T53/54	1500m	3:19.88	3:20.39	3:49.86	-	04:09.85	-
T53/54	5000m	11:12.24	11:15.37	12:53.08	-	14:00.3	-
T11/12	Marathon	3:11:13	3:15:32	3:39:59	-	-	-
T52/53/54	Marathon	1:38:16	1:38.54	1:52.60	-	-	-
T11-13, T33-34/T51-54, T35-38, T42- 47/T61-64	4x100m Medley Relay	-	-	-	-	-	-
T11	Long Jump	4.91	4.74	3.68	-	3.68	-
T12	Long Jump	5.49	5.32	4.12	-	4.12	-
T20	Long Jump	5.54	5.49	4.16	-	4.16	-
T37	Long Jump	4.59	4.44	3.44	-	3.44	-
T38	Long Jump	4.94	4.53	3.71	-	3.71	-
T45/46/47	Long Jump	5.63	5.42	4.22	-	4.22	-

T61/63 (42)	Long Jump	5.01	4.32	3.76	-	3.76	-
T62/64 (43/44)	Long Jump	5.82	5.70	4.37	-	4.37	-
F11/12	Shot	13.72	12.62	10.29	-	10.29	-
F20	Shot	14.06	13.82	10.55	-	10.55	-
F32	Shot	6.95	6.26	5.21	-	5.21	-
F33	Shot	6.72	5.72	5.04	-	5.04	-
F34	Shot	8.73	7.76	6.55	-	6.55	-
F35	Shot	8.85	8.59	6.64	-	6.64	-
F37	Shot	13.33	11.18	10.00	-	10.00	-
F40	Shot	8.31	8.12	6.23	-	6.23	-
F41	Shot	9.92	9.18	7.44	-	7.44	-
F45/46	Shot	9.24	7.38	6.93	-	6.93	-
F54	Shot	7.77	7.01	5.83	-	5.83	-
F56/57	Shot	10.40	10.40	7.80	-	7.80	-
F64 (42,43,44,62,63)	Shot	9.46	8.78	7.10	-	7.10	-
F11	Discus	36.14	34.12	27.11	-	27.11	-
F37/38	Discus	35.62	33.73	26.72	-	26.72	-
F40/41	Discus	31.18	29.56	23.39	-	23.39	-
F51/52/53	Discus	14.87	12.79	11.15	-	11.15	-
F54/55	Discus	25.02	23.47	18.77	-	18.77	-
F56/57	Discus	30.50	29.89	22.88	-	22.88	-
F62/64(43/44)	Discus	37.85	35.83	28.39	-	28.39	-
F12/13	Javelin	38.99	37.92	29.24	-	29.24	-
F33/34	Javelin	17.95	17.72	13.46	-	13.46	-
F45/46	Javelin	40.30	38.55	30.23	-	30.23	-
F53/54	Javelin	17.83	16.26	13.37	-	13.37	-
F55/56	Javelin	24.22	20.02	18.17	-	18.17	-
F31/32	Club	24.73	20.45	18.55	-	18.55	-