

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.

2026-27 Indoor Track and Field Qualifying Standards

Event	MEN		WOMEN	
	"A" Standard / "B" Standard		"A" Standard / "B" Standard	
60 Meters	6.73	6.78	7.56	7.63
200 Meters	21.31	21.56	24.49	24.86
400 Meters	47.82	48.24	56.37	57.00
600 Meters	1:19.42	1:20.14	1:34.51	1:35.96
800 Meters	1:52.31	1:53.17	2:14.58	2:16.51
1,000 Meters	2:26.92	2:27.86	2:55.99	2:58.26
Mile Run	4:10.27	4:12.64	4:59.05	5:05.24
3,000 Meters	8:20.96	8:25.89	9:56.30	10:06.04
5,000 Meters	14:37.39	14:43.82	17:23.77	17:39.86
3,000 Meter Race Walk	13:47.47	15:17.51	16:16.53	18:16.82
60 Meter Hurdles	8.04	8.13	8.64	8.79
4 x 400 Meter Relay	3:15.47	3:17.29	3:52.98	3:56.89
4 x 800 Meter Relay	7:42.36	7:47.36	9:22.26	9:31.31
Distance Medley Relay	10:05.68	10:10.48	12:13.37	12:25.09
High Jump	2.07m	2.04m	1.69m	1.66m
Pole Vault	4.78m	4.68m	3.68m	3.58m
Long Jump	7.32m	7.14m	5.74m	5.65m
Triple Jump	14.71m	14.47m	11.77m	11.50m
Shot Put	16.51m	16.11m	14.01m	13.35m
Weight Throw	18.40m	17.69m	17.52m	16.78m
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 USTFCCA conversions for altitude and track size adjustments will be used. Hand times are not accepted in events 200 meters or less.

2026-27 Outdoor Track and Field Qualifying Standards

Event	MEN		WOMEN	
	"A" Standard / "B" Standard		"A" Standard / "B" Standard	
100 Meters	10.31	10.40	11.67	11.81
200 Meters	20.93	21.12	23.98	24.35
400 Meters	47.08	47.54	55.19	56.18
800 Meters	1:50.58	1:51.69	2:11.47	2:13.25
1,500 Meters	3:49.65	3:51.13	4:29.82	4:35.72
5,000 Meters	14:22.61	14:34.97	17:05.52	17:18.62
10,000 Meters	30:34.63	30:52.92	36:36.53	37:02.81
5,000 Meter Race Walk	23:01.81	25:33.81	27:48.93	30:01.99
110/100 Meter Hurdles	14.23	14.42	13.89	14.13
400 Meter Hurdles	52.42	53.15	1:01.66	1:02.71
3,000 Meter Steeplechase	9:15.57	9:21.41	11:08.45	11:20.23
4 x 100 Meter Relay	40.47	40.86	46.39	47.06
4 x 400 Meter Relay	3:13.24	3:14.80	3:50.12	3:52.74
4 x 800 Meter Relay	7:36.95	7:41.26	9:14.66	9:22.86
High Jump	2.06m	2.03m	1.70m	1.67m
Pole Vault	4.85m	4.75m	3.76m	3.66m
Long Jump	7.43m	7.28m	5.90m	5.78m
Triple Jump	15.03m	14.67m	12.00m	11.74m
Shot Put	16.75m	16.31m	14.09m	13.43m
Discus	51.48m	49.57m	47.17m	44.85m
Hammer	57.59m	55.08m	54.18m	51.70m
Javelin	61.83m	59.12m	42.65m	41.57m
Decathlon (M) / Heptathlon (W)	Top 16 declared		Top 16 declared	