

2017-18 Capital Athletic Conference Supplemental Entry "A" Standards

Men's Indoor Supplemental Entry "A" Standard	
Event	Standard
60m	7.09
200m	22.94
400m	51.50
800m	1:59.65
Mile	4:25.99
3k	8:56.29
5k	15:44.28
60m Hurdles	8.96
High Jump	1.83m
Pole Vault	3.87m
Long Jump	6.51m
Triple Jump	12.87m
Shot Put	13.44m
Weight Throw	13.96m

Women's Indoor Supplemental Entry "A" Standard	
Event	Standard
60m	8.14
200m	26.81
400m	61.36
800m	2:27.72
Mile	5:26.92
3k	10:52.96
5k	19:46.26
60m Hurdles	9.58
High Jump	1.51m
Pole Vault	2.78m
Long Jump	4.96m
Triple Jump	9.84m
Shot Put	10.69m
Weight Throw	12.37m

Men's Outdoor Supplemental Entry "A" Standard	
Event	Standard
100m	11.01
200m	22.18
400m	50.47
800m	1:57.59
1500m	4:01.08
5k	15:31.79
10k	33:57.11
110m Hurdles	15.96
400m Hurdles	57.60
3k Steeplechase	10:08.77
High Jump	1.83m
Pole Vault	4.02m
Long Jump	6.49m
Triple Jump	12.98m
Shot Put	13.49m
Discus	42.06m
Hammer	42.43m
Javelin	45.24m

Women's Outdoor Supplemental Entry "A" Standard	
Event	Standard
100m	12.88
200m	26.18
400m	59.69
800m	2:26.64
1500m	5:02.62
5k	19:02.37
10k	44:09.36
100m Hurdles	16.03
400m Hurdles	70.18
3k Steeplechase	12:44.15
High Jump	1.51m
Pole Vault	2.87m
Long Jump	4.96m
Triple Jump	10.13m
Shot Put	11.00m
Discus	34.04m
Hammer	37.71m
Javelin	31.59m

**Supplemental Entry "B" Standard:
CAC Top-10 Ranking in Championships Week**