



2018 ECAC DIII Outdoor Track & Field Championships
Hosted by Johns Hopkins University
Wednesday-Thursday, May 16-17, 2018
 Outdoor Track & Field Qualifying Standards

Women

100m	12.98
100 Hurdles	16.95
200m	26.75
400m	1:01.52
400m Hurdles	1:11.92
800m	2:23.30
1500m	4:55.70
3000m Steeple	13:03.80
5000m	18:56.00
10000m	42:36.00
400m Relay	51.00
1600m Relay	4:12.08
3200m Relay	10:30.60
Long Jump	4.91m
Triple Jump	10.14m
Shot Put	10.45m
Discus	31.60m
Javelin	30.46m
Hammer	36.32m
High Jump	1.45m
Pole Vault	2.55m
Heptathlon	Top 15 entered

Men

100m	11.23
110 Hurdles	16.68
200m	22.69
400m	50.89
400m Hurdles	59.45
800m	1:58.80
1500m	4:06.05
3000m Steeple	10:18.31
5000m	15:37.40
10000m	34:04.10
400m Relay	43.75
1600m Relay	3:25.00
3200m Relay	8:39.30
Long Jump	6.36m
Triple Jump	12.64m
Shot Put	12.82m
Discus	37.71m
Javelin	46.75m
Hammer	40.02m
High Jump	1.79m
Pole Vault	3.86m
Decathlon	Top 15 entered

For the Heptathlon & Decathlon your athlete must have scored during the 2018 season