

## NE D3 T&F QUALIFYING STANDARDS FOR 2026

**FIELDS WILL BE FILLED TO 24 PER INDIVIDUAL EVENT  
(EXCEPTION: 14 IN THE MULTIS)**

INDOOR	MEN		WOMEN	
EVENT	AUTO	PROVISIONAL	AUTO	PROVISIONAL
55 meters	6.51	6.69	7.33	7.70
60 meters	7.00	7.20	7.90	8.30
55 meter HH	7.89	8.40	8.74	9.29
60 meter HH	8.50	9.05	9.40	10.00
200 meters	21.90 (22.29)	22.80 (23.21)	25.40 (25.79)	27.00 (27.42)
400 meters	49.20 (49.99)	51.50 (52.32)	58.50 (59.28)	1:02.00 (1:02.82)
500 meters	1:05.07 (1:06.07)	1:08.25 (1:09.30)	1:16.98 (1:17.96)	1:21.74 (1:22.78)
600 meters	1:22.00 (1:23.23)	1:26.00 (1:27.29)	1:37.00 (1:38.18)	1:43.00 (1:44.26)
800 meters	1:54.00 (1:55.63)	1:59.00 (2:00.70)	2:18.00 (2:19.59)	2:25.00 (2:26.67)
1000 meters	2:32.00 (2:34.10)	2:38.00 (2:40.18)	3:03.00 (3:04.99)	3:12.00 (3:14.09)
Mile	4:13.00 (4:16.24)	4:25.00 (4:28.39)	5:03.00 (5:06.00)	5:22.00 (5:25.19)
3000 meters	8:25.00 (8:30.86)	8:50.00 (8:56.15)	10:00.00 (10:05.16)	10:40.00 (10:45.50)
5000 meters	14:55.00 (15:04.58)	15:30.00 (15:39.95)	17:45.00 (17:53.20)	18:45.00 (18:53.66)
4x200m relay			OPEN	OPEN
4x400m relay	OPEN	OPEN	OPEN	OPEN
4x800m relay	OPEN	OPEN	OPEN	OPEN
DMR	OPEN	OPEN	OPEN	OPEN
High Jump	1.92	1.87	1.58	1.52
Pole Vault	4.45	4.00	3.45	3.05
Long Jump	6.70	6.35	5.30	5.00
Triple Jump	13.50	12.90	10.90	10.40
Shot Put	14.30	13.40	11.70	10.80
Weight Throw	15.60	14.30	14.50	13.30
Pentathlon			3000	2250
Heptathlon	4200	3150		