



CCC Qualifying Marks for 2014 T & F Championships

Women	2013 Marks	2014 Marks
100m -	13.26	13.18
200m -	26.99	26.91
400m -	62.63	62.38
800m -	2:23.11	2:23.11
1500m -	4:59.61	4:57.21
5k -	19:04.38	18:59.84
10k -	43:24.17	43:03.12
100H -	18.99	18.63
400H -	76.21	74.71
SC -	14:10.20	13:51.90
HJ -	1.34	1.36
PV -	2.30	2.30
LJ -	4.32	4.40
TJ -	9.40	9.40
SP -	9.88	10.03
DT -	29.13	29.13
HT -	27.32	27.32
JT -	27.57	28.06
HEP -	NM	
4X800 -	NC	
Marathon -	NC	

Men	2013 Marks	2014 Marks
100m -	11.57	11.55
200m -	23.32	23.24
400m -	51.44	51.14
800m -	1:58.78	1:58.31
1500m -	4:05.15	4:04.51
5k -	15:35.40	15:33.45
10k -	34:13.65	33:59.36
110H -	17.10	17.10
400H -	62.54	62.49
SC -	10:31.24	10:31.24
HJ -	1.69	1.71
PV -	3.22	3.22
LJ -	6.03	6.03
TJ -	11.56	11.56
SP -	11.68	11.75
DT -	36.20	36.30
HT -	35.67	35.67
JT -	44.41	44.41
DEC -	NM	
4X800 -	NC	
Marathon -	NC	

Notes:

1) Current standard $\times 3 + 16$ th mark on current performance list $\div 4 =$ new standard

2) In calculating track marks, thousandths are rounded up; in field marks rounded down

3) For subsequent years the Q.M. cannot get weaker regardless of that particular year performance or impact of formula