

2024 SNAL Points Standards

	NEW	NEW
	All Men	All Women
100m	12.40	14.00
200m	25.50	29.00
300m	-	47.5
400m	57.00	67.50
800m	2:20.00	02:40.0
1500m	5:00.00	05:45.0
3000m	11:00.00	12:50.0
3000SC	-	-
2000SC	08:00.00	10:00.0
1500SC		
5000m	18:00.00	21:30.0
110H	19.50	-
100H	17.00	19.50
80H	-	15.00
400H	67.00	77.50
300H	-	57.5
HJ	1.58	1.38
LJ	5.00	4.00
TJ	10.60	8.60
PV	2.50	2.00
SP	8.50	7.00
DT	25.00	20.00
HT	25.00	20.00
JT	30.00	20.00