

VIRGIN ISLANDS TRACK AND FIELD FEDERATION (ISV)
STANDARDS
CAC GAMES JULY 27 TO AUGUST 3 BARANQUILLA, COLOMBIA
NACAC SENIOR CHAMPIONSHIPS AUGUST 10-12 TORONTO, CANADA

CAC GAMES / NACAC SENIOR CHAMPIONSHIPS STANDARDS	Event	Men	Women
01	100	10.30	11.45
02	200	20.70	23.40
03	400	45.90	53.00
04	800	1:49.60	02:05.0
05	1,500	3:50.00	4:30.00
06	5,000	15:00	18:00.00
07	10,000	32:00	37:00
08	10,000 RW	-	53:12.00
09	20,000 RW	1:43:00	-
10	100 H	-	13.40
11	110 H	13.65	
12	400 H	50.50	56.90
13	3,000 SC	10:17.00	11:00.00
14	HJ	2.15	1.80
15	PV	4.90	4.20
16	LJ	7.70	6.40
17	TJ	16.00	13.00
18	SP	18.00	16.70
19	DT	54.00	46.00
20	HT	62.00	58.00
21	JT	72.00	51.00
22	Heptathlon		5300
23	Decathlon	7000	
24	Marathon	2:25	3:00

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