

**AFI QUALIFYING GUIDELINES FOR COMMONWEALTH GAMES 2018**

<b>MEN</b>	<b>EVENT</b>	<b>WOMEN</b>
10.16 S	100 M	11.15 S
20.35 S	200 M	22.60 S
45.30 S	400 M	52.00 S
01:46.00 S	800 M	2:01.50 S
03:39.50 S	1500 M	4:10.00 S
13:25.00 S	5000 M	15:09.00 S
28:00.00 S	10000 M	32:30.00 S
2::12:50 S	MARATHON	2::30.14 S
	100 M H	13.05 S
13.55 S	110 M H	
49.45 S	400 M H	56.00 S
08:20.00 S	3000 M SC	9:34.01 S
05.45 M	POLE VAULT	4.00 M
2.25 M	HIGH JUMP	1.90 M
8.00 M	LONG JUMP	6.45 M
16.60 M	TRIPLE JUMP	13.90 M
20.20 M	SHOTPUT	17.0 M
62.0 M	DISCUS THROW	59.00 M
81.80 M	JAVELIN THROW	62.50 M
71.0 M	HAMMER THROW	68.72 M
8000 PTS	DECATHALON	
	HEPTATHLON	5826 PTS
1::22:00 S	20 KM WALK	1::35:0 S
38.35 S	4X100 M RELAY	44.21 S
3:02.17 S	4X400 M RELAY	3:32.45 S