



The Bermuda National Athletics Association

Bermuda Registered Charity #180

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COMMOWEALTH GAMES STANDARDS
Birmingham, UK
July 28th – August 8th

MALES			FEMALES
EVENT	STANDARD		STANDARD
100M	10.44		11.70
200M	21.24		23.64
400m	47.04		54.14
800M	1:50.5		2:05.5
1500M	3:45.0		4:15
5000M	14:20.00		16:15.00
3000M SC	8:50.00		10.00
100M/110M Hurdles	14:14		13:64
400M Hurdles	51.54		57.94
High Jump	2.15m		1.79m
Long Jump	7.62m		6.15m
Triple Jump	15.90m		13.00m
Javelin	66.00m		49.00m
Shot Put	16.50m		14.80m
Hammer	66.00m		56.00m
Discus	50.00m		48.00m
Pole Vault	4.90m		3.60m
Decathlon/Heptathlon	6800		5200
4x100m	40.44		45.00
4X400m	3:09.00		3:42.00
Marathon	2:27.00		2:48.00

Affiliated to: International Association of Athletics Federations (IAAF), North American, Central American and Caribbean Association (NACAC) Central American and Caribbean Athletic Confederation (CACAC) Bermuda Olympic Association