



The Bermuda Olympic Association

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Commonwealth Games 2026 Athletics Standards

| Female | Events | Men |
|-----------------|-------------------------------|-----------------|
| 11.64 | 100m | 10.39 |
| 23.52 | 200m | 21.13 |
| 53.87 | 400m | 46.80 |
| 2:04.87 | 800m | 1:49.95 |
| 4:13.72 | 1500m | 3:43.88 |
| 16:10.12 | 5000m | 14:15.70 |
| 9:57.00 | 3000m Steeplechase | 8:47.35 |
| 13.57 | 100m Hurdles | 14.07 |
| 57.65 | 400m Hurdles | 51.28 |
| 44.78 | 4x100m Relay | 40.24 |
| 3:40.89 | 4x400m Relay | 3:08.05 |
| 3:40.89 | Mixed 4x400m Relay | 3:40.89 |
| 1.80m | High Jump | 2.16m |
| 3.62m | Pole Vault | 4.92m |
| 6.18m | Long Jump | 7.66m |
| 13.07m | Triple Jump | 15.98m |
| 14.87m | Shot Put | 16.58m |

| | | |
|-----------------------------------|----------------------|----------------------------------|
| 48.24m | Discus Throw | 50.25m |
| 49.25m | Javelin Throw | 66.33m |
| Heptathlon 5226 Points | | Decathlon 6834 Points |

Commonwealth Games Qualification Period for Athletics

Dates: June 15, 2025 to June 15, 2026