

Qualifying Standards
2022 USports Indoor Track and Field Championships
March 10-12, 2022
University of New Brunswick
Prepared by Claude Berube

WOMEN'S STANDARDS
as of March 15, 2020

CIS EVENT	STANDARD	EQUIVALENT EVENT STANDARD
60m ***	7.50	6.45 (50m), 6.98 (55m)
300m	39.23 - Flat	24.44 (200m), 55.12 (400m)
	38.68 – OS/B	24.12 (200m), 54.33 (400m)
600m	1:31.01- Flat	55.12 (400m), 1:12.49 (500m), 2:08.57 (800m)
	1:29.91 – OS/B	54.33 (400m), 1:11.41 (500m), 2:07.09 (800m)
1000m	2:47.18 – Flat	2:08.57 (800m)
	2:45.37 – OS/B	2:07.09 (800m)
1500m	4:26.89 – Flat	
	4:24.25 – OS/B	
3000m	9:35.42 – Flat	16:33.43 (5000m)
	9:30.53 – OS/B	16:24.74 (5000m)
60m Hurdles ***	8.38	7.15 (50m H), 7.76 (55m H)
4x200m	1:40.52 – Flat	47.85 (4x100m)
	1:38.98 – OS/B	46.34 (4 x 100m)
4x400m ***	3:49.86 – Flat	3:50.96 (4x440y)
	3:46.85 – OS/B	3:47.95 (4x440y)
4x800m	9:07.48 – Flat	9:10.78 (4x880y)
	9:01.24 – OS/B	9:04.53 (4x880y)
High Jump	1.71	
Pole Vault	3.83	
Long Jump ***	5.92	
Triple Jump ***	12.01	
Shot Put	13.63	
20 lb. W.T.	16.78	
Pentathlon ***	3722	

Note 1: Standards based on sixth (6th) in final USports rankings for past three (3) years

Note 2: Events marked *** are sixth (6th) place in the previous year's final USports rankings where the event standard was achieved by eight (8) or more individuals/teams in the final USports rankings (see rule D.10.1.2.1).

Note 3: For oval events the standards have been indicated for both Flat Track Performances and Oversized/Banked (OS/B) Track Performances

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MEN'S STANDARDS
as of March 15, 2020

CIS EVENT	STANDARD	EQUIVALENT EVENT STANDARD
60m ***	6.81	5.90 (50m), 6.37 (55m)
300m	34.34 - Flat	21.85 (200m), 48.52 (400m)
	33.77 – OS/B	21.51 (200m), 47.75 (400m)
600m	1:19.98 - Flat	48.52 (400m), 1:03.74 (500m), 1:52.29 (800m)
	1:18.80 – OS/B	47.75 (400m), 1:02.72 (500m), 1:50.62 (800m)
1000m	2:26.61 – Flat	1:52.29 (800m)
	2:24.62 – OS/B	1:50.62 (800m)
1500m	3:51.24 – Flat	
	3:48.28 – OS/B	
3000m ***	8:15.88 – Flat	14:17.12 (5000m)
	8:08.89 – OS/B	14:05.21 (5000m)
60m Hurdles	8.21	7.01 (50m H), 7.65 (55m H)
4x200m ***	1:28.48 – Flat	42.66 (4x100m)
	1:26.92 – OS/B	41.10 (4 x 100m)
4x400m ***	3:19.14 – Flat	3:20.22 (4x440y)
	3:16.01 – OS/B	3:17.09 (4x440y)
4x800m ***	7:39.61 – Flat	7:41.51 (4x880y)
	7:33.13 – OS/B	7:35.29 (4x880y)
High Jump	2.08	
Pole Vault	4.87	
Long Jump ***	7.28	
Triple Jump	14.51	
Shot Put	15.69	
35 lb. W.T.	16.78	
Heptathlon	4671	

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Note 3: For oval events the standards have been indicated for both Flat Track Performances and Oversized/Banked (OS/B) Track Performances