

2026 Nationals Athletics

Qualifying Standards

- All competitors must meet the qualifying standards established for the competition. It is advisable that all universities follow these guidelines as the standard is often much higher.
- It is recommended that qualifying standards be obtained from events recognized as a World Athletics Ranking Competition or a National University Competition.
- The qualifying period for 10,000m events will be from 1 October 2024.
- The qualifying period for all other events will be from 1 January 2024.
- Wind readings of qualifying performances may be up to 3m/s for Open events.

Note: organisers have the right to refuse entry should a participant not meet these qualifying standards, as outlined in Item 3.3 (competition guidelines) and may not award points.

Men	Event	Women
Track		
11.74 secs (11.5)	100m	13.24 secs (13.0)
23.74 secs (23.5)	200m	27.54 secs (27.3)
53.14 secs (53.0)	400m	62.14 secs (62.0)
2:02.00 mins	800m	2:24.00 mins
4:15.00 mins	1,500m	5:00.00 mins
16:45.00 mins	5,000m	22:00.00 mins
36:00.00 mins	10,000m	44:00.00 mins
10:55.00 mins	3,000m steeplechase	12:30.00 mins
17.54 secs (17.3)	110m hurdles	-
-	100m hurdles	18.24 secs (18.0)
60.14 secs (60.0)	400m hurdles	70.14 secs (70.0)
27:00.00 mins	5,000m walk	30:30.00 mins
Field		
3.20 m (start height 3.00)	Pole vault	2.40 m (start height 2.00)
1.80 m (start height 1.75)	High jump	1.45 m (start height 1.45)
12.50 m	Triple jump	9.50 m
6.00 m	Long jump	4.70m
40.00 m	Javelin	26.00 m

Men	Event	Women
35.00 m	Hammer Throw	35.00 m
32.00 m	Discus	30.00 m
11.00 m	Shot put	9.50 m
Combined events		
<u>per AA Track & Field Championships</u>	Decathlon	-
	Heptathlon	<u>per AA Track & Field Championships</u>

Bracketed track times are the hand calculated standards (considers delay between gun firing and starting of the electronic clock). Bracketed field event heights are recommended starting heights for each event.

Athletes participating in combined events must meet the entry standards as set by Athletics Australia equivalent to the U20s and Open age group in each respective competition.