

Overview by Sport

ATHLETICS List of Events & Standards						
Event	Male			Female		
	USA Games Record	Performance Standard	Division 1 Performance Standard	USA Games Record	Performance Standard	Division 1 Performance Standard
50m Run	7.62 (2014)	≥ 12.00	N/A	8.69 (2006)	≥ 13.00	N/A
100m Walk	23.3 (2018)	≤ 46.16	N/A	28.37 (2014)	≤ 57.98	N/A
400m Walk	1:58.7 (2006)	≤ 03:59.73	N/A	2:12.0 (2018)	≤ 04:23.81	N/A
100m Run*	11.9 (2022)	≤ 21.67	≤ 14.25	14.48 (2006)	≤ 26.56	≤ 17.46
200m Run	24.0 (2022)	≤ 44.03	≤ 28.95	29.2 (2022)	≤ 52.75	≤ 34.96
400m Run	54.63 (2010)	≤ 01:39.05	≤ 01:05.13	1:05.1 (2018)	≤ 02:01.37	≤ 01:19.81
800m Run	2:34.0 (2022)	≤ 04:02.49	≤ 02:39.44	2:40.4 (2022)	≤ 05:10.89	≤ 03:24.41
1500m Run	4:37.9 (2022)	≤ 08:31.48	≤ 05:36.30	5:22.7 (2022)	≤ 10:46.44	≤ 07:05.04
3000m Run	9:29.3 (2018)	≤ 17:58.94	≤ 11:42.42	11:20.3 (2022)	≤ 24:02.95	≤ 15:48.76
5000m Run	16:16.23 (2006)	≤ 29:36.25	≤ 19:27.91	21:59.9 (2018)	≤ 43:57.08	≤ 28:54.00
10000m Run	35:18.5 (2018)	≤ 1:08:13.83	≤ 44:51.34	55:54.0 (2022)	≤ 1:41:36.34	≤ 1:06:48.0
Long Jump	5.66m (2022)	≥ 2.72m	≥ 4.42m	3.94m (2022)	≥ 1.95m	≥ 3.18m
Mini Jav	29.3m (2014)	≥ 15.02m	≥ 24.45m	23.45m (2010)	≥ 11.10m	≥ 18.08m
Shot Put	14.07m (2014)	≥ 6.62m	≥ 10.78m	9.85m (2010)	≥ 4.61m	≥ 7.51m
Relays		N/A	N/A		N/A	N/A
Pentathlon		N/A	N/A		N/A	N/A