

Qualifying Standards
2023 USports Indoor Track and Field Championships
March 9-11 2023
University of Saskatchewan
 Prepared by Claude Berube

WOMEN'S STANDARDS
 as of April 15, 2022

CIS EVENT	STANDARD	EQUIVALENT EVENT STANDARD
60m	7.51	6.46 (50m), 6.99 (55m)
300m	39.23 - Flat	24.44 (200m), 55.12 (400m)
	38.68 – OS/B	24.12 (200m), 54.33 (400m)
600m	1:31.40 - Flat	55.12 (400m), 1:12.56 (500m), 2:09.09 (800m)
	1:30.29 – OS/B	54.33 (400m), 1:11.71 (500m), 2:07.61 (800m)
1000m	2:47.64 – Flat	2:09.09 (800m)
	2:45.83 – OS/B	2:07.61 (800m)
1500m	4:26.58 – Flat	
	4:23.94 – OS/B	
3000m	9:38.01 – Flat	16:37.94 (5000m)
	9:33.10 – OS/B	16:29.21 (5000m)
60m Hurdles	8.49	7.24 (50m H), 7.86 (55m H)
4x200m	1:41.50 – Flat	48.83 (4x100m)
	1:39.95 – OS/B	47.31 (4 x 100m)
4x400m	3:51.52 – Flat	3:52.62 (4x440y)
	3 :48.49 – OS/B	3:49.59 (4x440y)
4x800m	9:05.35 – Flat	9:08.65 (4x880y)
	9:00.71 – OS/B	9:04.00 (4x880y)
High Jump	1.71	
Pole Vault	3.83	
Long Jump	5.89	
Triple Jump	11.95	
Shot Put	13.59	
20 lb. W.T.	17.07	
Pentathlon	3645	

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
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CIS EVENT	STANDARD	EQUIVALENT EVENT STANDARD
60m	6.83	5.92 (50m), 6.39 (55m)
300m	34.46 - Flat	21.92 (200m), 48.62 (400m)
	33.89 – OS/B	21.57 (200m), 47.88 (400m)
600m	1:20.29- Flat	48.62 (400m), 1:03.86 (500m), 1:52.04 (800m)
	1:19.10 – OS/B	47.88 (400m), 1:02.89 (500m), 1:50.54 (800m)
1000m ***	2:25.27 – Flat	1:52.04 (800m)
	2:23.29 – OS/B	1:50.54 (800m)
1500m ***	3:48.35– Flat	
	3:45.43 – OS/B	
3000m ***	8:07.19 – Flat	14:02.33 (5000m)
	8:01.59 – OS/B	13:52.85 (5000m)
60m Hurdles ***	8.09	6.91 (50m H), 7.54 (55m H)
4x200m	1:29.10 – Flat	43.28 (4x100m)
	1:27.53 – OS/B	41.71 (4 x 100m)
4x400m	3:20.34 – Flat	3:21.42 (4x440y)
	3:17.19 – OS/B	3:18.27 (4x440y)
4x800m	7:42.40 – Flat	7:44.30 (4x880y)
	7:35.88 – OS/B	7:38.04 (4x880y)
High Jump	2.05	
Pole Vault	4.87	
Long Jump	7.18	
Triple Jump ***	14.97	
Shot Put	15.61	
35 lb. W.T.	16.80	
Heptathlon ***	4767	

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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