**2022 NEICAAA Proposed Standards**

**2022 Men’s Indoors**

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| **EVENT** |  | **PROPOSED**  **STANDARD** |
| 60m (55m) |  | 7.07 (6.58) |
| 200m |  | 22.40 |
| 400m |  | 50.00 |
| 500m\* |  | 1:05.75 |
| 600m\* |  | 1:23.50 |
| 800m |  | 1:55.00 |
| 1000m |  | 2:30.24 |
| Mile\*(1500m) |  | 4:16.78 (3:57.75) |
| 3000m |  | 8:30.50 |
| 5000m |  | 15:03.24 |
| 60mHH(55m) |  | 8.51 (7.90) |
| 4x400m |  | Top 32 Declared |
| 4x800m |  | Top 32 Declared |
| DMR |  | Top 32 Declared |
| HJ |  | 1.95m |
| PV |  | 4.55m |
| LJ |  | 6.81m |
| TJ |  | 13.84m |
| SP |  | 14.83m |
| WT |  | 16.20m |
| Heptathlon |  | Top 12 |

**2022 Men’s Outdoors**

|  |  |  |
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| **EVENT** |  | **PROPOSED**  **STANDARD** |
| 100m |  | 10.88 |
| 200m |  | 22.10 |
| 400m |  | 49.54 |
| 800m |  | 1:53.40 |
| 1500m (Mile) |  | 3:54.24 (4:12.97) |
| 5000m |  | 14:58.00 |
| 10000m |  | 32:35.00 |
| 110mHH |  | 15.30 |
| 400mIH |  | 55.30 |
| 3000mSC |  | 9:42.84 |
| 4x100m |  | Top 32 Declared |
| 4x400m |  | Top 32 Declared |
| 4x800m |  | Top 32 Declared |
| HJ |  | 1.98m |
| PV |  | 4.55m |
| LJ |  | 6.88m |
| TJ |  | 14.27m |
| SP |  | 15.19m |
| DT |  | 45.11m |
| HT |  | 51.82m |
| JT |  | 58.25m |
| Decathlon |  | Top 12 |