

2021 Athletic Nationals Qualification Standards

| Men | Event | Women |
|----------------------------|-------------------------------|----------------------------|
| Track | | |
| 11.5 secs (11.74) | 100m | 13.0 (13.24) |
| 23.5 secs (23.74) | 200m | 27.3 secs (27.54) |
| 53.0 secs (53.14) | 400m | 62.0 secs (62.14) |
| 2:02.0 mins | 800m | 2:24.0 mins |
| 4:15.0 mins | 1,500m | 5:05.0 mins |
| 16:45.0 mins | 5,000m | 23:00.0 mins |
| 10:55.0 mins | 3,000m steeplechase | 12:30.0 mins |
| 17.3 secs (17.54) | 110m hurdles - - 100m hurdles | 18.0 secs (18.24) |
| 60.00 secs (60.14) | 400m hurdles | 70.0 secs (70.14) |
| 16:30.0 mins | 3,000m walk* | 16:40.0 mins |
| Field | | |
| 1.80 m (start height 1.75) | High jump | 1.45 m (start height 1.45) |
| 12.50 m | Triple jump | 9.50 m |
| 5.85 m | Long jump | 4.30 m |
| 40.00 m | Javelin | 26.00 m |
| 32.00 m | Discus | 26.00 m |
| 11.00 m | Shot put | 9.50 m |

*As this is a new distance for UniSport Nationals, leniency will be shown for qualification times for this event.

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