



## SINGAPORE ATHLETIC ASSOCIATION

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# 82nd Singapore Open Track & Field Championships 2022

## Local Qualifying Entry

Men	Qualifying Mark ET	Women	Qualifying Mark ET/HT
100m	11.40	100m	13.90
200m	23.50	200m	27.50
400m	52.50	400m	66.00
800m	2:05	800m	2:40
1500m	4:20	1500m	5:30
5000m	16:30	5000m	19:00
110m Hurdles (1.067m)	16.00	100m Hurdles (0.838m)	18.00
400m Hurdles (0.914m)	65.00	400m Hurdles (0.762m)	75.00
3000m Steeplechase (0.914m)	11:00	3000m Steeplechase (0.762m)	13:30
Pole Vault	4.00	Pole Vault	2.60
High Jump	1.90	High Jump	1.50
Long Jump	6.70	Long Jump	4.90
Triple Jump	13.00	Triple Jump	10.50
Shot Put	10.50	Shot Put	8.50
Discus	35.00	Discus	27.00
Javelin	42.50	Javelin	30.00

\*\*Qualifying window starts from 1 July 2019 to 31 Mar 2022, the result must be attained from SAA sanctioned event and oversea sanctioned competition