



Athletics Federation of Nigeria
21st ASAC(Asaba 2018) Quilified Standard

Women	Event	Men
11.10s	100m	10.06s
22.60s	200m	20.20s
50.80s	400m	45.20s
2:02.00s	800m	1:44.00s
3:59.51s	1500m	3:32.72s
14:35.03s	5000m	13:06.76s
31:41.47s	10,000m	27:30.25s
2hr19.30s	Marathon	2hr04.06s
9:07.17s	3,000m S/C	8:10.62s
13.10s	100mh/110mh	13.50s
55.05s	400mh	49.22s
1.81m	High Jump	2.20m
3.90m	Pole Vault	5.23m
6.64m	Long Jump	8.12m
13.50m	Triple Jump	17.10m
16.00m	Shot Put	20.50m
53.04m	Discus	58.27m
62.90m	Hammer	72.98m
54.82m	Javelin	79.80m
5,650pts	Heptathlon	7,006pts
1:38.22s	20km RW	1:23.27s

NOTE: The above STANDARS will get you the refund of your flight ticket