



SINGAPORE ATHLETIC ASSOCIATION

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81st Singapore Open Track & Field Championships 2019

Local Qualifying Entry

Men	Qualifying Mark ET/HT	Women	Qualifying Mark ET/HT
100m	11.40/ 11.1	100m	13.20/ 12.9
200m	23.50/ 23.2	200m	27.50/ 27.2
400m	52.50/ 52.2	400m	68.00/ 67.7
800m	2:05/ 2:03	800m	2:45/ 2:43
1500m	4:25/ 4:23	1500m	5:40/ 5:38
5000m	17:30/ 17:28	5000m	22:00/ 21:58
10000m	38:00:00/37:58:00	10000m	50:00:00/49:58:00
110m Hurdles (1.067m)	18.00/ 17.57	100m Hurdles (0.838m)	18.00/ 17.57
400m Hurdles (0.914m)	65.00/ 64.57	400m Hurdles (0.762m)	75.00/ 74.57
3000m Steeplechase (0.914m)	11:30/ 11:28	3000m Steeplechase (0.762m)	13:30/ 13:28
20km Race Walk*	2:00:00/ 1:59:58	20km Race Walk*	2:10:00/ 2:09:58
Pole Vault	4.00	Pole Vault	3.00
High Jump	1.85	High Jump	1.50
Long Jump	6.30	Long Jump	4.80
Triple Jump	13.00	Triple Jump	10.50
Shot Put	10.50	Shot Put	8.50
Discus	35.00	Discus	25.00
Javelin	42.50	Javelin	30.00
Hammer	27.00	Hammer	25.00

*20km Race Walk will be held out of stadium

**Qualifying window starts from 1 July 2018 to 8 Mar 2019, result must attained from SAA sanctioned event and oversea sanctioned competition

All throws events will be held at HOA, except for Javelin Throw to be held at Sports Hub