



83rd Singapore Open Track & Field Championships

2023 Local Qualifying Entry

Men	Qualifying Mark ET	Women	Qualifying Mark ET/HT
100m	11.15	100m	13.25
200m	23.30	200m	28.40
400m	53.70	400m	66.75
800m	2:05	800m	2:38
1500m	4:28	1500m	5:29
5000m	16:56	5000m	21:00
10000m	37:10	10000m	48:00
10000m Racewalk	1:11.00	10000m Racewalk	1:16.00
110m Hurdles (1.067m)	18.40	100m Hurdles (0.838m)	17.45
400m Hurdles (0.914m)	63.75	400m Hurdles (0.762m)	72.70
3000m Steeplechase (0.914m)	11:15	3000m Steeplechase (0.762m)	13:30
Pole Vault	4.50	Pole Vault	3.00
High Jump	1.95	High Jump	1.50
Long Jump	6.65	Long Jump	5.20
Triple Jump	13.15	Triple Jump	11.00
Shot Put	11.45	Shot Put	9.00
Discus	30.00	Discus	29.00
Javelin	45.00	Javelin	29.00
Hammer	16.55	Hammer	17.20

*Reference from SA Ranking of up to Top 25

**Qualifying window starts from 1 Jan 2022 to 26 Mar 2023, the result must be attained from SAA sanctioned event and oversea sanctioned competition