

2023 Sir Graeme Douglas International – Expression of Interest Qualification Standards

For any athlete wishing to put an EOI in for events which they have not met the targets outlined below please contact the Athletics New Zealand Competitions Team to seek an exemption or clarification on competitions@athletics.org.nz.

Event	Standard	Gender
400 Hurdles	60.00	M
400 Hurdles	1:07.00	W
Shot Put	15.00	M
Pole Vault	3.50	W
Long Jump	5.50	W
Long Jump	6.55	M
1500	3:55.00	M
1500	4:35.00	W
400	57.00	W
400	50.00	M
Shot Put	13.00	W
100 Race	11.20	M
100 Race	12.50	W
Javelin	55.00	M
Javelin	40.00	W
5000	18:00.00	W
5000	15:00.00	M

Performance conditions required for performances to be listed on the athlete's EOI:

- Performances must be verifiable, and appear on World Athletics and/or Athletics NZ Rankings site
- Time period for performances being from 1 January 2022