

ATHLETICS NEW ZEALAND LONG LIST PERFORMANCE STANDARDS

Athletes are required to submit an [Application for the NZOC Long List](#) on the Athletics New Zealand (Athletics NZ) website by **5pm Friday 19 July 2019**.

Athletes eligible to complete the [Application for the NZOC Long List](#) are:

- Current ANZ-HP / HPSNZ Carded & PPS Athletes OR
- Athletes that have achieved the Athletics NZ Long List Performance Standard (listed below) between 1 January 2018 and 19 July 2019, with the performance recorded on the official Athletics NZ Ranking Website.

Men	Event	Women
10.30	100m	11.43
10.50	4x100m	11.60
20.81	200m	23.43
46.26	400m	52.50
47.40	4x400m	53.80
1:47.20	800m	2:02.30
3:39.40	1,500m	4:09.50
13:33.00	5,000m	15:29.20
28:21.90	10,000m	32:34.30
2hr15:20	Marathon	2hr30:29
1hr23:50	20km Race Walk	1hr33:56
3hr 56.20	50km Race Walk	-
8m33:10	3000m SC	9m50:90
13.69	110mH/100mH	13.18
50.25	400H	56.76
8019pts	Decathlon/Heptathlon	6113pts
2.25	High Jump	1.90
5.55	Pole Vault	4.46
7.90	Long Jump	6.55
16.60	Triple Jump	14.00
20.20	Shot Put	17.60
64.30	Discus Throw	60.40
75.80	Hammer Throw	70.30
81.80	Javelin Throw	61.10

Note: For a Marathon Event to be eligible for the Long List, the performance must have been achieved at an IAAF Road Race Labelled Competitions (i.e. as listed on the IAAF website).

Athletes that are outside the Athletics NZ Long List Standards may be asked to complete and submit an [Application for the NZOC Long List](#) on a case by case basis at the sole discretion of the Athletics NZ High Performance Director.

After the deadline 5pm Friday 19 July 2019, athletes can only be added to the Long List at the NZOC's discretion. Athletics NZ would need to provide the NZOC with evidence that an athlete has extraordinary circumstances that he/she could not have reasonably been in contention on or before the 5pm Friday 19 July 2019.

If you have any questions, please do not hesitate to contact [Teams](#).