

HEREN - LIMIIETEN 2019																	
Catogorie	Senioren	Senioren		Junioren		Junioren				Senioren		Jeugd		Senioren		Senioren	
Naam Evenement	Nacac ½ Marathon	Nacac U23 Championships		Panamerican U20		Carifta Games				Zuid-Amer. Kamp		Nacac Age Group		Pan Am Games		IAAF World Championship	
Land	Coamo, PUR	Queretaro, MEX		San Jose. CRC		Cayman Islands				Lima, Peru		San Salvador, ESA		Lima, Peru		Quatar	
Datum	3 Febr.	July 5-7		July 19-21		April 20-22				May 24-26		June 28-30		August 6 - 10		Sept/Oct. 28-6	
Deadline Limiet																6-Sep-19	
Organisator	Nacac	Nacac		Panam		Nacac				Consudatle		Nacac		Pan Am Sports		IAAF	
Onderdeel																	
100m		10.59	10.87	10.68	10.96	10.98	11.28	10.48	10.75	10.31	10.57	Pentathlon	Heptathlon	10.30	10.56	10.10	10.50
200m		20.95	21.75	21.13	21.93	21.91	22.75	21.21	22.02	21.41	22.23			20.60	21.38	20.40	21.22
400m		46.27	48.44	47.23	49.44	49.42	51.74	47.50	49.73	46.67	48.86	2985	4717	46.10	48	45.30	47.11
800m		1.48.90	1.54.19	1.53.00	1.58.50	2.04.58	2.10.66	1.52.35	1.57.82	1.51.19	1.56.60			1.48.80	1.54.09	1.45.80	1.50.94
1500m		4.01.25	4.13.16	3.50.46	4.01.83	4.23.20	4.36.21	4.10.20	4.16.09	3.53.50	4.05.02	Mixed Relay		3.47.50	3.58.72	3.36.00	3.46.65
3000m						9.22.30	9.50.26					53.30	48.86			8.29.00	8.54.30
5000m		15.42.14	16.29.58	14.59.88	15.44.72			18.52.28	19.48.74	14.26.77	15.09.96			14.10.00	14.52.35	13.22.50	14.02.47
10.000m		31.41.60	33.16.53	32.55.86	34.34.50					30.11.16	31.41.57			29.50.00	31.19.35	27.40.00	29.02.85
110mH		13.71	14.14	13.66	14.09	13.94	14.39	13.76	14.2	13.95	14.40			13.80	14.24	13.46	14.00
400mH		51.08	53.49	50.74	53.13	54.54	57.12	55.64	58.28	51.22	53.63			50.70	53.09	49.30	51.27
Hoogspringen		2.05	1.99	2.16	2.10	1.85	1.79	2.00	1.94	2.16	2.10			2.22	2.15	2.30	2.21
Verspringen		7.26	7.04	7.34	7.12	6.51	6.31	7.09	6.88	7.51	7.28			7.90	7.66	8.17	7.84
Hinkstapspringen		15.80	15.33	15.50	15.04	13.74	13.33	14.71	14.27	15.97	15.49			16.50	16.01	16.95	16.27
Polstok hoogspringen		4.70	4.56	4.80	4.66					4.70	4.56			5.20	5.04	5.71	5.48
Kogelstoten		17.78	17.78	18.41	18.41	13.60	13.60	16.79	16.79	17.57	17.57			18.50	18.50	20.70	19.87
Speerwerpen		72.44	70.27	65.84	63.86	45.24	43.88	59.63	57.84	71.57	69.42			76.00	73.72	83.00	79.68
Discuswerpen		50.85	50.85	57.91	57.91	39.08	39.08	51.00	51.00	54.51	54.51			60.00	60.00	56.00	53.76
Meerkamp		5979		6089		4804				6964				7300		8200	7900
Marathon																2.16.00	2.22.65
Halve Marathon	1.15.00																
		(FAT)	(HT)/Gras	(FAT)	(HT)/Gras	U17 (FAT)	U17 (HT)/Gr	U20(FAT)	U20 (HT)/Gr	(FAT)	(HT)/Gras	Pup. A	Pup. B	(FAT)	(HT)/Gras	IAAF stand.	Wild card