

DAMES - LIMTIETEN 2019																	
Categorie	Senioren	Senioren	Junioren	Junioren				Senioren	Jeugd		Senioren	Senioren					
Naam Evenement	Nacac ½ Marathon	Nacac U23 Championships	Panamerican U20	Carifta				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		Augustus 6 - 10		Sept/Oct. 28-6				
Deadline Limiet													6-Sep-19				
Organisator	Nacac	Nacac	Panam	Nacac				Consudatle	Nacac		Pan Am Sports		IAAF				
Onderdeel																	
100m		11.98	12.33	11.78	12.12	11.83	12.17	11.68	12.01	11.34	11.66	Pentahlon	Heptathlon	11.60	11.93	11.24	11.69
200m		23.86	24.80	24.21	25.17	24.59	25.57	24.14	25.10	23.37	24.29			23.40	24.32	23.02	23.94
400m		53.76	56.30	55.48	58.11	55.03	57.63	54.74	57.33	54.37	56.94	2575	3822	53.45	55.98	51.80	53.87
800m		2.08.04	2.14.29	2.07.92	2.14.16	2.20.22	2.27.08	2.14.86	2.21.45	2.09.09	2.15.39			2.04.00	2.10.05	2.00.60	2.06.48
1500m		4.36.20	4.49.86	4.29.40	4.42.72	5.01.73	5.16.66	4.54.65	5.09.23	4.24.75	4.37.84	Mixed Relay		4.22.00	4.34.95	4.06.50	4.18.67
3000m				9.43.97	10.13.02	10.46.99	11.19.19	10.46.99	11.19.19			53.30	48.86				
5000m		19.15.88	20.13.52	17.19.99	18.11.84					16.35.46	17.25.08			16.48.00	17.38.25	15.22.00	16.07.95
10.000m		40.17.85	42.18.59							35.12.38	36.57.85			34.10.00	35.52.35	31.50.00	33.25.35
100mH		13.32	13.73	13.63	14.06	14.46	14.93	14.02	14.47	13.49	13.91			13.20	13.61	12.98	13.50
400mH		58.78	61.57	1.00.63	1.03.51	1.07.54	1.10.77	1.02.51	1.05.48	59.38	62.20			56.30	58.86	56.00	58.24
Hoogspringen		1.78	1.73	1.76	1.71	1.60	1.55	1.65	1.60	1.79	1.74			1.80	1.75	1.94	1.86
Verspringen		6.20	6.01	6.13	5.95	5.50	5.34	5.54	5.37	6.31	6.12			6.48	6.29	6.72	6.45
Hinkstapspringen		13.17	12.77	13.09	12.70	11.76	11.41	12.23	11.86	13.04	12.65			13.60	13.19	14.20	13.63
Polstok hoogspringen		4.70	4.56	4.80	4.66					3.90	3.78			4.15	4.03	4.56	4.38
Kogelstoten		15.50	15.50	14.44	14.01	12.88	12.88	12.91	12.91	14.01	14.01			15.50	15.04	18.00	17.28
Speerwerpen		50.13	48.63	48.31	46.86	32.12	31.16	32.12	31.16	52.55	50.97			50.13	48.63	61.50	59.04
Discuswerpen		42.95	42.95	50.34	48.83	32.84	32.84	32.84	32.84	56.14	56.14			54.30	52.67	61.20	58.75
Meerkamp		3998		5120		3853				4916				5570		6300	6300
Marathon																2:37.00	2:44.70
Halve Marathon	1.30.00																
		(FAT)	(HT)/Gras	(FAT)	(HT)/Gras	U17 (FAT)	U17 (HT)/Gr	U20(FAT)	U20 (HT)/Gr	(FAT)	(HT)/Gras	Pup. A	Pup. B			IAAF stand.	Wild card