2026 LEGION NATIONALS
QUALIFYING STANDARDS

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Performances must have been achieved outdoors between January 1, 2026 and July 26, 2026.

TRACK EVENTS				
EVENT	**U16 MALE**	**U16 FEMALE**	**U18 MALE**	**U18 FEMALE**
100m	11.95	12.90	11.25	12.75
200m	24.40	26.45	22.70	26.30
300m-U16	40.50	44.53		
400m-U18			51.45	59.00
800m	2:08.50	2:27.08	1:57.00	2:21.80
1200m-U16	3:28.00	3:56.00		
1500m-U18			4:06.00	4:50.00
2000m-U16	6:24.00	7:25.00		
3000m-U18			9:06.00	10:55.90
80m Hurdles-U16		13.45		
100m Hurdles-U16/U18	17.38			15.00 @ 0.762m / 30”
110m Hurdles-U18			16.15 @ 0,914 m / 36”	
200m Hurdles-U16	30.00 @ 0,762m / 30"	33.89 @ 0,762m / 30"		
400m Hurdles-U18			1:01.50 @ 0.838m / 33"	1:09.00 @ 0.762m / 30"
Steeple Ch. 1500m-U16 2000m-U18	6:00:00 @ 0.762m / 30” - no water jump **6:15.00 with water jump	7:00.00 @ 0.762m / 30” - no water jump **7:15.00 with water jump	7:00.00 @ 0.838m / 33"	8:21.00 @ 0.762m / 30”
Walks 1500m-U16 3000m-U18	11:00:00	12:00:00	20:00.00	24:00.00

ACCEPTED CONVERSIONS				
	Event	Performance	Event Convert	Performance
U16 Male	300m 1200m 1500 Steeple Ch.	40.50 3:28.00 6:00.00	400m 1500m 2000m SC	57.04 4:30.04 8:14.43
U16 Female	300m 1200m 800mH 1500m SC	44.53 3:56.00 13.45 7:00.00	400m 1500m 100mH 2000m SC	1:02.74 5:07.04 16.05 9:41.49
U18 Male	3000m 2000m SC 3000m RW	9:06.00 7:00.00 20:00.00	2000m 3000m SC 5000m RW	5:48.33 10:50.58 33:39.90
U18 Female	3000m 2000m SC 3000m RW	10:55.90 8:21.00 24:00.00	2000m 3000m SC 5000m RW	6:56.61 13:14.65 41:02.48

RELAY EVENTS				
4x100m Relay	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club
4x400m Relay			no entry standard - relay athletes must represent one Club	no entry standard - relay athletes must represent one Club
Medley Relay (400-200-200-800)	no standard - relay athletes must represent one Club	no standard - relay athletes must represent one Club		

FIELD EVENTS				
EVENT	**U16 MALE**	**U16 FEMALE**	**U18 MALE**	**U18 FEMALE**
Pole Vault	2.35	2.25	3.30	2.70
High Jump	1.70	1.45	1.84	1.55
Long Jump	5.60 *	5.05 *	6.35 *	5.20 *
Triple Jump	11.70 *	10.20 *	12.75 *	10.85 *
Shot Put	12.25 – 4kg	10.05 – 3kg	14.00 – 5kg or 12lb	11.30 – 3kg or 10.1 – 4kg
Discus	40.00 – 1kg	27.00	40.50 – 1.5kg or 1.6kg	30.50
Hammer	33.00 – 4kg	29.00 – 3kg	45.00 – 5kg	34.00 – 3kg
Javelin	38.00 – 600g	26.00 – 500g or 24.00 – 600g	47.00 – 700g or 800g	32.00 – 500g OR 29.00 – 600g

***NOTE:** Wind readings in the horizontal jumps are required with standard achievement performances and must not exceed 2.0 mps. A wind-aided performance **does not** count towards entry standards. See Entry Technical Information.

COMBINED EVENTS				
Pentathlon (U16) / Heptathlon (U18) / Decathlon (U18)	No Standard	No Standard	3500	2400

PARA EVENTS				
EVENT	**MALE**	**FEMALE**		
100m Wheelchair	No Standard	No Standard		
100m Ambulatory	No Standard	No Standard		
400m Wheelchair	No Standard	No Standard		
400m Ambulatory	No Standard	No Standard		
Shot Put Seated Throws	No Standard	No Standard		
Shot Put Ambulatory	No Standard	No Standard		

Standard Achievement Window

All Championship Meet Entry Standards must be achieved in 2026 (from January 1, 2026) to the close of the Championship Entry Deadline (July 26, 2026). Entry standards MUST be achieved to register. All events requiring a wind reading for performance validation must have this accompany results being used for Championship entry standard. Legal wind measurement will be enforced for standard achievement (+2.0mps or less and any negative readings). No Indoor performances will be accepted.

Events requiring wind measurement:

100m, 200m, all straightaway Hurdle Events, 200m Hurdles, Long Jump, Triple Jump

Event Technical Information

Hurdle Specifications

80mH - Female Only U16 12m to H1; 8m between / Height (ht.) = 30" / 0.762m
100mH - Female U18 13m to H1; 8.50m between / ht. = 30" / 0.762m
100mH - Male U16 13m to H1, 8.50m between / ht.= 33" / 0.838m
110mH - Male U18 13.72m to H1; 9.14m between / ht.= 36" / 0.914m
200mH - Female U16 Start @ 200m lines & use 400mH markings / ht.= 30" / 0.762m, 20m to H1
200mH - Male U16 Start @ 200m lines & use 400mH markings / ht.= 30" / 0.762m, 20m to H1
400mH - Female U18 Start @ 400m lines; 45m to H1 then use 400mH markings / ht.= 30" / 0.762m
400mH - Male U18 Start @ 400m lines; 45m to H1 then use 400mH markings / ht.= 33" / 0.838m
1500m SC - F&M U16 Start @ 1500m line; No Water Jump; ht. (F&M) = 30" / 0.762m
2000m SC - F&M U18 Water Jump In; ht. F = 30" / 0.762m; M = 33" / 0.838m

Throwing Implement Specifications

EVENT	U16 - FEMALE	U16 - MALE	U18 - FEMALE	U18 - MALE
Shot Put	3kg	4kg	3kg	5kg
Discus	1kg	1kg	1kg	1.5kg
Hammer	3kg	4kg	3kg	5kg
Javelin	500g	600g	500g	700g