



STANFORD INVITATIONAL | MARCH 31 – APRIL, 2023

Entry GUIDELINES and FIELD SIZE LIMITS

- PLEASE NOTE – The standards below are simply guidelines for entry. Meeting the entry standard does not guarantee acceptance.
- Please note the opening heights and minimum marks will be posted after the accepted entry list is posted.
- It is required that the following performances have been achieved in 2021 or 2022 season. Where possible, please submit only FAT (Fully Automatic Timing) Performances. Hand times in the sprints, hurdles, and relays will not be accepted.
- Please note that meet management reserves the right to adjust field sizes as necessary to ensure the meet has the best competitive atmosphere possible.

TRACK EVENT (FIELD SIZE)	MEN	WOMEN
100 Meters (Top 30)	11.10	12.50
400 Meters (Top 30)	50.50	58.50
800 Meters (Top 30)	1:57.00	2:18.00
Mile (Top 30)	4:20.00 (1600m)	5:08.00 (1600m)
3000 Meters (Top 30)	9:35.00 (3200m)	11:10:00 (3200m)
110/100m Hurdles (Top 30)	15.75	15.65
400-Meter Hurdles (Top 16)	41.50 (300mH)	47.00 (300mH)
4x100-Meter Relay	Top 32 Entries	Top 32 Entries
4x400-Meter Relay	Top 32 Entries	Top 32 Entries
Distance Medley Relay	Top 32 Entries	Top 32 Entries
FIELD EVENT	MEN	WOMEN
High Jump (Top 20)	6-2	5-2
Pole Vault (Top 20)	13-6	10-6
Long Jump (Top 24)	21-6	16-6
Triple Jump (Top 24)	42-6	35-6
Shot Put (Top 24)	47-0	36-6
Discus (Top 16)	140-0	110-0