

## 2025 USA Track & Field Para Standards

Men's Standards				
Class	Event	A Standard	B Standard	Emerging/VMAA Standard
T11	100 m	11.20	11.39	12.88
T12	100 m	10.92	11.05	12.56
T13	100 m	10.82	10.97	12.44
T33/34	100 m	15.35	15.69	17.65
T35	100 m	12.17	12.96	14.00
T36	100 m	12.09	12.21	13.90
T37	100 m	11.47	11.59	13.19
T38	100 m	11.07	11.26	12.73
T43/44	100 m	11.71	11.82	13.47
T45/46/47	100 m	10.84	10.97	12.47
T51	100 m	21.18	22.96	24.36
T52	100 m	17.79	17.86	20.46
T53	100 m	15.07	15.45	17.33
T54	100 m	13.89	14.20	15.97
T42/63	100 m	12.16	12.35	13.98
T62/64	100 m	11.01	11.14	12.66
T71/72	100 m	17.71	19.90	20.37
T35	200 m	24.36	25.47	28.01
T37	200 m	23.25	23.52	26.74
T51	200 m	38.92	42.23	44.76
T44/64	200 m	23.03	23.13	26.48
T11	400 m	51.58	52.91	59.32
T12	400 m	48.95	50.10	56.29
T13	400 m	49.04	49.90	56.40
T20	400 m	47.98	48.55	55.18
T37	400 m	51.62	51.65	59.36
T35/38	400 m	50.57	51.33	58.16
T45/46/47	400 m	48.75	49.34	56.06
T51/52	400 m	01:01.08	01:03.41	01:10.24
T53	400 m	49.85	51.24	57.33
T54	400 m	45.88	46.52	52.76
T43/62	400 m	47.94	52.48	55.13
T33/34	800 m	01:41.02	01:42.93	01:56.18
T51/52/53	800 m	01:39.33	01:39.94	01:54.24
T54	800 m	01:31.99	01:32.48	01:45.79
T11	1500 m	04:05.30	04:10.62	04:42.09
T12/13	1500 m	03:52.62	03:54.02	04:27.51

<b>T20</b>	1500 m	03:53.30	03:58.69	04:28.29
<b>T37/38</b>	1500 m	04:07.76	04:12.71	04:44.92
<b>T45/46</b>	1500 m	03:53.20	03:56.94	04:28.18
<b>T53/54</b>	1500 m	02:54.21	02:54.69	03:20.34
<b>T11</b>	5000 m	15:02.74	15:24.16	17:18.15
<b>T12/13</b>	5000 m	15:19.40	15:34.19	17:37.31
<b>T53/54</b>	5000 m	10:43.14	10:43.61	12:19.61
<b>T13</b>	Long Jump	6.93	6.60	5.89
<b>T20</b>	Long Jump	7.11	6.91	6.04
<b>T36</b>	Long Jump	5.73	5.59	4.87
<b>T37</b>	Long Jump	6.04	5.90	5.13
<b>T35/38</b>	Long Jump	6.44	6.20	5.47
<b>T43/44</b>	Long Jump	6.58	6.41	5.59
<b>T45/46/47</b>	Long Jump	7.12	6.91	6.05
<b>T62/64</b>	Long Jump	7.39	6.97	6.28
<b>T45/46/47</b>	High Jump	2.00	1.94	1.70
<b>T42/63</b>	High Jump	1.82	1.80	1.55
<b>T44/64</b>	High Jump	2.02	1.89	1.72
<b>F31/32</b>	Club	37.10	35.76	27.83
<b>F51</b>	Club	33.22	31.50	24.92
<b>F37</b>	Discus	52.33	51.00	39.25
<b>F51/52</b>	Discus	18.12	14.60	13.59
<b>F43/44/62/64</b>	Discus	56.05	50.36	42.04
<b>F12/13</b>	Javelin	61.53	59.40	46.15
<b>F33/34</b>	Javelin	37.18	33.47	27.89
<b>F38</b>	Javelin	50.75	43.66	38.06
<b>F45/46</b>	Javelin	64.15	61.28	48.11
<b>F55/56/57</b>	Javelin	48.67	44.84	36.50
<b>F42/43/44/61/ 62/63/64</b>	Javelin	63.12	60.64	47.34
<b>F11</b>	Shot	13.16	12.46	9.87
<b>F12</b>	Shot	15.36	14.44	11.52
<b>F20</b>	Shot	16.59	15.60	12.44
<b>F32</b>	Shot	9.87	8.38	7.40
<b>F33</b>	Shot	11.12	10.34	8.34
<b>F34</b>	Shot	11.44	10.90	8.58
<b>F35</b>	Shot	15.57	14.21	11.68
<b>F36</b>	Shot	15.88	14.78	11.91
<b>F37</b>	Shot	15.07	14.26	11.30
<b>F40</b>	Shot	11.00	9.78	8.25
<b>F41</b>	Shot	12.17	10.91	9.13
<b>F45/46</b>	Shot	15.87	15.23	11.90

<b>F53</b>	Shot	8.46	7.39	6.35
<b>F54/55</b>	Shot	11.72	11.33	8.79
<b>F56/57</b>	Shot	14.73	14.06	11.05
<b>F42/61/63</b>	Shot	14.43	13.80	10.82
<b>T11/12</b>	Marathon	2:24:35	2:27:58	2:46:16
<b>T52/53/54</b>	Marathon	33 Abbott Pts	Any Abbott Pts	N/A

Women's Standards				
Class	Event	A Standard	B Standard	Emerging/VMAA Standard
T11	100 m	12.21	12.34	14.04
T12	100 m	12.51	12.65	14.39
T13	100 m	12.50	12.61	14.38
T33/34	100 m	18.91	19.31	21.75
T35	100 m	14.47	15.47	16.64
T36	100 m	14.47	15.09	16.64
T37	100 m	13.19	13.67	15.17
T38	100 m	12.86	13.04	14.79
T43/44	100 m	13.60	14.62	15.64
T45/46/47	100 m	12.41	12.69	14.27
T51/52/53	100 m	16.45	17.67	18.92
T54	100 m	16.27	16.68	18.71
T42/63	100 m	15.13	15.79	17.40
T62/64	100 m	12.89	13.15	14.82
T71/72	100 m	18.96	19.32	21.80
T11	200 m	24.89	26.13	28.62
T12	200 m	25.38	25.68	29.19
T35	200 m	30.50	31.96	35.08
T36	200 m	30.16	31.63	34.68
T37	200 m	27.19	28.07	31.27
T45/46/47	200 m	25.51	25.94	29.34
T44/64	200 m	27.23	28.68	31.31
T11	400 m	58.26	59.80	67.00
T12	400 m	58.04	59.74	66.75
T13	400 m	56.73	58.16	65.24
T20	400 m	57.00	58.35	65.55
T37	400 m	01:04.70	01:07.86	01:14.41
T36/38	400 m	01:01.47	01:04.33	01:10.69
T45/46/47	400 m	58.01	58.83	66.71
T51/52/53	400 m	55.57	59.22	63.91
T54	400 m	54.20	55.00	62.33
T33/34	800 m	02:06.79	02:14.50	02:25.81
T51/52/53	800 m	01:51.81	01:55.88	02:08.58
T54	800 m	01:49.54	01:49.93	02:05.97
T11	1500 m	04:45.14	05:08.73	05:27.91
T12/13	1500 m	04:29.72	04:39.83	05:10.18
T20	1500 m	04:34.95	04:44.68	05:16.19
T53/54	1500 m	03:24.46	03:26.10	03:55.13

<b>T53/54</b>	5000 m	11:16.29	11:20.55	12:57.74
<b>T11</b>	Long Jump	4.80	4.47	4.08
<b>T12</b>	Long Jump	5.18	4.85	4.40
<b>T20</b>	Long Jump	5.55	5.46	4.72
<b>T37</b>	Long Jump	4.60	4.25	3.91
<b>T36/38</b>	Long Jump	4.87	4.68	4.14
<b>T45/46/47</b>	Long Jump	5.69	5.45	4.84
<b>T42/61/63</b>	Long Jump	4.80	4.42	4.08
<b>T43/44/62/64</b>	Long Jump	5.34	4.99	4.54
<b>F31/32</b>	Club	25.21	23.24	18.91
<b>F51</b>	Club	20.54	13.27	15.41
<b>F11</b>	Discus	37.01	34.06	27.76
<b>F37/38</b>	Discus	37.27	34.87	27.95
<b>F40/41</b>	Discus	30.01	27.93	22.51
<b>F43/44</b>	Discus	37.95	32.71	28.46
<b>F51/52</b>	Discus	12.72	8.75	9.54
<b>F53</b>	Discus	13.14	10.72	9.86
<b>F54/55</b>	Discus	25.41	23.25	19.06
<b>F56/57</b>	Discus	31.60	30.23	23.70
<b>F62/64</b>	Discus	29.26	23.11	21.95
<b>F12/13</b>	Javelin	35.52	31.75	26.64
<b>F33/34</b>	Javelin	16.75	16.41	12.56
<b>F45/46</b>	Javelin	39.47	37.70	29.60
<b>F52/53/54</b>	Javelin	15.85	13.75	11.89
<b>F55/56</b>	Javelin	22.66	20.29	17.00
<b>F11/12</b>	Shot	12.00	10.61	9.00
<b>F20</b>	Shot	13.49	12.97	10.12
<b>F32</b>	Shot	6.66	5.82	5.00
<b>F33</b>	Shot	7.31	6.80	5.48
<b>F34</b>	Shot	7.69	7.00	5.77
<b>F35</b>	Shot	8.93	8.78	6.70
<b>F37</b>	Shot	12.73	10.01	9.55
<b>F40</b>	Shot	8.60	8.33	6.45
<b>F41</b>	Shot	9.47	8.84	7.10
<b>F42/43/44</b>	Shot	11.29	10.63	8.47
<b>F45/46</b>	Shot	11.67	10.88	8.75
<b>F53/54</b>	Shot	7.54	6.81	5.66
<b>F55/56/57</b>	Shot	10.52	9.89	7.89
<b>F61/62/63/64</b>	Shot	9.28	8.19	6.96
<b>T11/12</b>	Marathon	3:04:23	3:17:40	3:32:02
<b>T52/53/54</b>	Marathon	33 Abbott Pts	Any Abbott Pts	N/A

## **Standards Exceptions**

- Men's & Women's T11 and T12 100m, 200m (women only) and 400m.
  - All athletes' best mark from any round considered
- Men's & Women's T71/72 100m
  - Calculated A Standard includes average of third best marks from Paris World Championships and Kobe World Championships only.
  - Calculated B Standard includes average of third best marks from Paris World Championships and Kobe World Championships only.
- Men's T44 100m
  - A standard includes average of third best marks from Kobe World Championships and Paris Paralympic Games only.
  - B standard includes average of fifth best marks from Kobe World Championships and Paris Paralympic Games only.
- Men's T53 800m
  - Calculated B standard includes average of fifth best marks from Paris World Championships and Paris Paralympic Games only.
  - Calculated B standard is faster than A standard. Standards flipped to ensure A standard is more competitive than B.
- Men's T11 1500m
  - B standard includes average of fifth best marks from Paris World Championships and Paris Paralympic Games only.
- Men's T43/44 Long Jump
  - Calculated A standard includes average of third best mark from the 2023 & 2024 WPA World Rankings.
  - Calculated B standard includes average of fifth best mark from the 2023 & 2024 WPA World Rankings.
- Women's T13 100m
  - B standard includes average of fifth best marks from Paris World Championships and Paris Paralympic Games only.
- Women's T43/44 100m
  - Calculated A standard includes average of third best mark from the 2023 & 2024 WPA World Rankings.
  - Calculated B standard includes average of fifth best mark from the 2023 & 2024 WPA World Rankings.
- Women's T64(44) 200m
  - Calculated B standard includes average of fifth best marks from Kobe World Championships and Paris Paralympic Games only.
- Women's T37 400m
  - B standard includes average of fifth best marks from Paris World Championships and Paris Paralympic Games only.
- Women's T53 800m
  - B standard includes fifth best mark from Paris Paralympic Games Only.
  - Calculated B standard is faster than A standard. Standards flipped to ensure A standard is more competitive than B.
- Women's T53/54 5000m
  - Calculated B standard includes average of fifth best marks from Paris World Championships and Paris Paralympic Games only.

- Calculated B standard is faster than A standard. Standards flipped to ensure A standard is more competitive than B.
- Women's F51 Club
  - Calculated A standard includes average of third best mark from the 2023 & 2024 WPA World Rankings.
  - Calculated B standard includes average of fifth best mark from the 2023 & 2024 WPA World Rankings
- Women's F51/52 Discus
  - Calculated A standard includes average of third best mark from the 2023 & 2024 WPA World Rankings.
  - Calculated B standard includes average of fifth best mark from the 2023 & 2024 WPA World Rankings.
- Women's F53 Discus
  - Calculated A standard includes average of third best mark from the 2023 & 2024 WPA World Rankings.
  - Calculated B standard includes average of fifth best mark from the 2023 & 2024 WPA World Rankings.
- Women's F62/64 Discus
  - Calculated A standard includes average of third best mark from the 2023 & 2024 WPA World Rankings.
  - Calculated B standard includes average of fifth best mark from the 2023 & 2024 WPA World Rankings.
- Women's F35 Shot
  - B standard includes average of fifth best marks from Paris World Championships and Paris Paralympic Games only.
- Women's F61/62/63/64 Shot
  - Calculated A standard includes average of third best mark from the 2023 & 2024 WPA World Rankings.
  - Calculated B standard includes average of fifth best mark from the 2023 & 2024 WPA World Rankings.
- Men's & Women's T52/53/54 marathon standards only include Abbott Series leaderboard results.
- Men's & Women's T11/12 Marathon
  - A standard includes third best mark from Paris Paralympic Games Only.
  - B standard includes fifth best marks from Paris Paralympic Games Only.