

2026 USA Track & Field Para Standards

Men's Standards				
Class	Event	A Standard	B Standard	VMAA Standard
T11	100 m	11.20	11.31	12.88
T12	100 m	10.97	11.10	12.62
T13	100 m	10.86	11.05	12.49
T33/34	100 m	15.33	15.47	17.63
T35	100 m	11.87	12.85	13.65
T36	100 m	12.09	12.18	13.90
T37	100 m	11.44	11.62	13.16
T38	100 m	11.01	11.11	12.66
T43/44	100 m	11.62	11.73	13.36
T45/46/47	100 m	10.79	10.90	12.41
T51	100 m	21.74	23.52	25.00
T52	100 m	17.50	17.62	20.13
T53	100 m	15.27	15.51	17.56
T54	100 m	13.90	14.20	15.99
T42/63	100 m	12.19	12.38	14.02
T62/64	100 m	11.03	11.15	12.68
T71/72	100 m	16.10	16.83	18.52
T35	200 m	23.64	23.76	27.19
T37	200 m	23.22	23.66	26.70
T51	200 m	40.18	44.79	46.21
T44/64	200 m	22.78	23.11	26.20
T11	400 m	51.99	53.28	59.79
T12	400 m	49.44	50.80	56.86
T13	400 m	49.19	50.48	56.57
T20	400 m	48.00	48.43	55.20
T37	400 m	51.00	52.01	58.65
T35/38	400 m	50.28	51.15	57.82
T45/46/47	400 m	48.43	49.20	55.69
T51/52	400 m	01:00.69	01:03.03	01:09.79
T53	400 m	50.21	51.93	57.74
T54	400 m	45.61	46.48	52.45
T43/62	400 m	50.71	57.24	58.32
T33/34	800 m	01:41.15	01:43.03	01:56.32
T51/52/53	800 m	01:37.15	01:37.89	01:51.72
T54	800 m	01:32.59	01:33.16	01:46.48
T11	1500 m	04:06.51	04:09.63	04:43.49
T12/13	1500 m	03:51.86	03:53.64	04:26.64
T20	1500 m	03:53.62	03:58.14	04:28.66

T37/38	1500 m	04:05.43	04:10.62	04:42.24
T45/46	1500 m	03:51.86	03:56.39	04:26.64
T53/54	1500 m	02:53.98	02:54.47	03:20.08
T11	5000 m	15:42.61	15:50.82	18:04.00
T12/13	5000 m	15:19.35	15:34.49	17:37.25
T53/54	5000 m	10:54.43	11:14.84	12:32.59
T13	Long Jump	6.90	6.61	5.52
T20	Long Jump	7.15	6.91	5.72
T36	Long Jump	5.77	5.64	4.62
T37	Long Jump	6.19	6.08	4.95
T35/38	Long Jump	6.45	6.33	5.16
T43/44	Long Jump	6.78	6.45	5.42
T45/46/47	Long Jump	7.16	6.91	5.73
T62/64	Long Jump	7.50	7.18	6.00
T45/46/47	High Jump	2.00	1.94	1.60
T42/63	High Jump	1.84	1.79	1.47
T44/64	High Jump	2.01	1.91	1.61
F31/32	Club	36.08	34.64	28.86
F51	Club	32.16	30.76	25.73
F37	Discus	52.49	51.08	41.99
F51/52	Discus	17.96	15.08	14.37
F43/44/62/64	Discus	55.12	50.61	44.10
F12/13	Javelin	61.69	58.99	49.35
F33/34	Javelin	37.22	33.92	29.78
F38	Javelin	52.23	44.05	41.78
F45/46	Javelin	63.47	61.27	50.78
F55/56/57	Javelin	49.75	46.74	39.80
F42/43/44/61/62/63/64	Javelin	62.66	60.59	50.13
F11	Shot	13.45	12.91	10.76
F12	Shot	14.97	13.34	11.98
F20	Shot	16.68	15.83	13.34
F32	Shot	9.64	8.30	7.71
F33	Shot	11.12	10.33	8.90
F34	Shot	11.49	11.09	9.19
F35	Shot	15.68	14.46	12.54
F36	Shot	16.26	15.15	13.01
F37	Shot	15.48	14.29	12.38
F40	Shot	10.90	10.19	8.72
F41	Shot	11.67	10.81	9.34
F45/46	Shot	16.05	15.29	12.84
F53	Shot	8.42	7.08	6.74

F54/55	Shot	11.77	11.34	9.42
F56/57	Shot	14.69	14.13	11.75
F42/61/63	Shot	14.73	14.20	11.78
T11/12	Marathon	2:25:50	2:36:37	2:47:43
T52/53/54	Marathon	1:25:58	1:26:49	1:38:52

Women's Standards				
Class	Event	A Standard	B Standard	VMAA Standard
T11	100 m	12.16	12.47	13.98
T12	100 m	12.32	12.46	14.17
T13	100 m	12.41	12.78	14.27
T33/34	100 m	18.73	19.38	21.54
T35	100 m	14.34	15.63	16.49
T36	100 m	14.45	15.05	16.62
T37	100 m	13.45	13.74	15.47
T38	100 m	12.85	12.97	14.78
T43/44	100 m	13.41	14.36	15.42
T45/46/47	100 m	12.40	12.68	14.26
T51/52/53	100 m	16.56	18.01	19.04
T54	100 m	16.30	16.72	18.75
T42/63	100 m	15.12	15.86	17.39
T62/64	100 m	12.93	13.24	14.87
T71/72	100 m	18.29	18.87	21.03
T11	200 m	25.26	26.42	29.05
T12	200 m	24.79	25.35	28.51
T35	200 m	30.18	32.47	34.71
T36	200 m	30.08	31.71	34.59
T37	200 m	27.60	28.45	31.74
T45/46/47	200 m	25.13	25.66	28.90
T44/64	200 m	27.33	28.56	31.43
T11	400 m	60.14	61.69	69.16
T12	400 m	57.51	58.98	66.14
T13	400 m	57.23	59.42	65.81
T20	400 m	56.26	57.88	64.70
T37	400 m	01:05.92	01:07.13	01:15.81
T36/38	400 m	01:00.39	01:02.32	01:09.45
T45/46/47	400 m	57.78	58.51	66.45
T51/52/53	400 m	55.80	61.09	64.17
T54	400 m	54.09	55.09	62.20
T33/34	800 m	02:05.59	02:15.05	02:24.43
T51/52/53	800 m	01:47.99	01:58.57	02:04.19
T54	800 m	01:50.57	01:51.13	02:07.16
T11	1500 m	05:00.48	05:10.28	05:45.55
T12/13	1500 m	04:36.63	04:46.16	05:18.12
T20	1500 m	04:35.82	04:46.22	05:17.20
T53/54	1500 m	03:23.54	03:25.79	03:54.07
T53/54	5000 m	11:11.63	11:17.98	12:52.37

T11	Long Jump	4.66	4.33	3.73
T12	Long Jump	5.15	4.79	4.12
T20	Long Jump	5.57	5.47	4.46
T37	Long Jump	4.53	4.27	3.62
T36/38	Long Jump	5.07	4.89	4.06
T45/46/47	Long Jump	5.75	5.57	4.60
T42/61/63	Long Jump	4.78	4.57	3.82
T43/44/62/64	Long Jump	5.34	5.09	4.27
F31/32	Club	25.82	23.30	20.66
F51	Club	19.92	19.77	15.94
F11	Discus	37.25	34.42	29.80
F37/38	Discus	37.38	33.78	29.90
F40/41	Discus	29.53	27.94	23.62
F43/44	Discus	39.32	34.34	31.46
F51/52	Discus	13.10	9.00	10.48
F53	Discus	10.71	10.29	8.57
F54/55	Discus	25.54	22.98	20.43
F56/57	Discus	31.03	27.91	24.82
F62/64	Discus	30.10	27.94	24.08
F12/13	Javelin	36.56	33.56	29.25
F33/34	Javelin	17.44	16.50	13.95
F45/46	Javelin	40.31	37.92	32.25
F52/53/54	Javelin	16.11	14.08	12.89
F55/56	Javelin	22.36	20.95	17.89
F11/12	Shot	11.94	10.76	9.55
F20	Shot	13.69	13.23	10.95
F32	Shot	7.08	5.75	5.66
F33	Shot	7.58	6.92	6.06
F34	Shot	7.70	7.39	6.16
F35	Shot	9.58	8.76	7.66
F37	Shot	12.66	10.13	10.13
F40	Shot	8.62	8.41	6.90
F41	Shot	9.58	8.91	7.66
F42/43/44	Shot	11.71	10.63	9.37
F45/46	Shot	12.12	11.44	9.70
F53/54	Shot	7.47	6.95	5.98
F55/56/57	Shot	10.47	9.87	8.38
F61/62/63/64	Shot	10.10	9.03	8.08
T11/12	Marathon	3:16:56	3:22:54	3:46:28
T52/53/54	Marathon	1:35:20	1:39:55	1:49:38

Standards Exceptions

- Men's & Women's T11 and T12 100m, 200m (women only) and 400m.
 - All athletes' best mark from any round considered in calculation
- Men's T71/72 100m**
 - A Standard – 3rd best mark from 2025 WPA World Rankings*
 - B Standard – 5th best mark from 2025 WPA World Rankings*
- Men's T35 200m
 - A Standard – 3rd best mark from 2025 WPA World Rankings*
 - B Standard – 5th best mark from 2025 WPA World Rankings*
- Men's T51/52/53 800m
 - A Standard – 3rd best mark from 2025 WPA World Rankings*
 - B Standard – 5th best mark from 2025 WPA World Rankings*
- Men's T11 1500m
 - A Standard – 3rd best mark from 2025 WPA World Rankings*
 - B Standard – 5th best mark from 2025 WPA World Rankings*
- Men's T11 5000m
 - A Standard – 3rd best mark from 2025 WPA World Rankings*
 - B Standard – 5th best mark from 2025 WPA World Rankings*
- Men's T43/44 Long Jump
 - A Standard – 3rd best mark from 2025 WPA World Rankings*
 - B Standard – 5th best mark from 2025 WPA World Rankings*
- Men's T11/T12 Marathon
 - A Standard – 3rd best mark from 2025 WPA World Rankings*
 - B Standard – 5th best mark from 2025 WPA World Rankings*
- Men's T52/53/54 Marathon***
 - A Standard – 3rd best mark from 2025 WPA World Rankings*
 - B Standard – 5th best mark from 2025 WPA World Rankings*
- Women's T13 100m
 - A Standard – 3rd best mark from 2025 WPA World Rankings*
 - B Standard – 5th best mark from 2025 WPA World Rankings*
- Women's T43/44 100m
 - A Standard – 3rd best mark from 2025 WPA World Rankings*
 - B Standard – 5th best mark from 2025 WPA World Rankings*
- Women's T71/72 100m
 - A Standard – 3rd best mark from 2025 WPA World Rankings*
 - B Standard – 5th best mark from 2025 WPA World Rankings*

- Women's T37 400m
 - A Standard – 3rd best mark from 2025 WPA World Rankings*
 - B Standard – 5th best mark from 2025 WPA World Rankings*
- Women's T51/52/53 800m
 - A Standard – 3rd best mark from 2025 WPA World Rankings*
 - B Standard – 5th best mark from 2025 WPA World Rankings*
- Women's T11 1500m
 - A Standard – 3rd best mark from 2025 WPA World Rankings*
 - B Standard – 5th best mark from 2025 WPA World Rankings*
- Women's T53/54 5000m
 - A Standard – 3rd best mark from 2025 WPA World Rankings*
 - B Standard – 5th best mark from 2025 WPA World Rankings*
- Women's F51 Club
 - A Standard – 3rd best mark from 2025 WPA World Rankings*
 - B Standard – 5th best mark from 2025 WPA World Rankings*
- Women's F51/52 Discus
 - A Standard – 3rd best mark from 2025 WPA World Rankings*
 - B Standard – 5th best mark from 2025 WPA World Rankings*
- Women's F53 Discus
 - A Standard – 3rd best mark from 2025 WPA World Rankings*
 - B Standard – 5th best mark from 2025 WPA World Rankings*
- Women's F62/64 Discus
 - A Standard – 3rd best mark from 2025 WPA World Rankings*
 - B Standard – 5th best mark from 2025 WPA World Rankings*
- Women's F35 Shot
 - A Standard – 3rd best mark from 2025 WPA World Rankings*
 - B Standard – 5th best mark from 2025 WPA World Rankings*
- Women's F61/62/63/64 Shot
 - A Standard – 3rd best mark from 2025 WPA World Rankings*
 - B Standard – 5th best mark from 2025 WPA World Rankings*
- Women's T11/T12 Marathon
 - A Standard – 3rd best mark from 2025 WPA World Rankings*
 - B Standard – 5th best mark from 2025 WPA World Rankings*
- Women's T52/53/54 Marathon***
 - A Standard – 3rd best mark from 2025 WPA World Rankings*
 - B Standard – 5th best mark from 2025 WPA World Rankings*

2025 WPA World Rankings list used to determine standards dated 12/31/2025. For combined events, results from all eligible classifications on 2025 WPA World Rankings were used.

Inclusion of T71 subject to World Para Sports Unit Board approval, T71 sport class is intended to be an eligible sport class of T72 in WPA rules review update.

Men's & Women's T52/53/54 Marathon Standards are only used for USATF's annual ranking lists, and do not determine tier status or team selection.