



2019 Cal Coast Elite Standards

Men:

Event	2019 Cal Coast Standard	2016 Olympic A-Standard
800m	1:50.00	1:46.00
1500m	3:46.00	3:38.00
Mile	4:06.00	N/A
5000m	14:20.00	13:28.00
10,000m	29:50.00	28:15.00
3000m SC	8:48.00	8:32.00
Half Marathon	1:06:00	N/A
Marathon	2:21:00	2:15:00

Women:

Event	2019 Cal Coast Standard	2016 Olympic A-Standard
800m	2:08.00	2:03.00
1500m	4:25.00	4:09.50
Mile	4:40.00	N/A
5000m	16:15.00	15:25.00
10,000m	33:40.00	32:25.00
3000m SC	10:20.00	9:53.00
Half Marathon	1:15:00	N/A
Marathon	2:46:00	2:37:00