



DTC Elite Qualifying Standards

Members must have hit a standard within the past 365 days.

DISTANCE	M OPEN	MEN 40-49	MEN 50-59	MEN 60-69	MEN 70+
5K	17:30	19:00	20:30	22:00	24:45
8K	28:30	30:30	33:00	36:00	40:30
10K	35:45	38:15	41:30	45:30	51:00
Half	1:22	1:27	1:34	1:43	1:56
Full	2:51	3:02	3:18	3:37	4:03

DISTANCE	W OPEN	W 40-49	W 50-59	W 60-69	W 70+
5K	20:00	21:00	23:15	26:00	30:00
8K	32:15	35:30	38:00	43:15	50:00
10K	40:30	44:45	48:00	55:00	1:04
Half	1:31	1:37	1:49	2:04	2:25
Full	3:09	3:20	3:46	4:20	5:06

*For any Athletics events not listed (including field events), hitting a national standard constitutes a qualifying time.