



DTC Elite Qualifying Standards

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

DISTANCE	M OPEN	MEN 40-49	MEN 50-59	MEN 60-69	MEN 70+
5K	17:30	19:00	20:15	22:00	24:30
8K	28:30	30:30	33:00	36:00	40:00
10K	35:45	38:15	41:30	45:30	50:30
Half	1:20	1:25	1:32	1:41	1:54
Full	2:48	3:00	3:15	3:34	4:00

DISTANCE	W OPEN	W 40-49	W 50-59	W 60-69	W 70+
5K	19:45	21:00	22:45	25:30	29:40
8K	32:15	34:00	37:15	42:30	49:30
10K	40:30	43:00	47:15	54:00	1:03
Half	1:30	1:35	1:46	2:01	2:22
Full	3:06	3:18	3:41	4:15	5:00

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