

Kvalgränser för deltagande i SM utomhus 2016

| Män | MS | M22 | P19 | P17 | P16 | P15 |
|-------------------|----------|----------|----------|---------|---------|---------|
| 100/80m | 10,70 | 11,00 | 11,30 | 11,50 | 11,70 | 9,80 |
| 200m | 21,70 | 22,20 | 22,80 | 23,50 | 24,00 | |
| 400/300m | 49,15 | 50,50 | 51,50 | 53,00 | 54,00 | 39,00 |
| 800m | 1,51,70 | 1,56,00 | 2,00,00 | 2,05,00 | 2,08,00 | 2,12,00 |
| 1500m | 3,53,00 | 4,08,00 | 4,15,00 | 4,20,00 | 4,25,00 | |
| 5000/3000/2000m | 14,35,00 | 15,35,00 | 16,00,00 | 9,30,00 | 9,45,00 | 6,20,00 |
| 10 000m | 31,00,00 | | | | | |
| 110/80m häck | 15,30 | 15,60 | 16,00 | 15,80 | 16,00 | 12,10 |
| 400m häck | 55,45 | 57,50 | 59,50 | | | |
| 300m häck | | | | 42,00 | 42,50 | 43,50 |
| 3000m hinder | 10,05,00 | | | | | |
| 2000/1500m hinder | | 6,18,00 | 6,30,00 | 6,50,00 | 7,10,00 | 5,10,00 |
| Höjd | 2,00 | 1,90 | 1,85 | 1,80 | 1,75 | 1,70 |
| Stav | 4,70 | 4,40 | 4,00 | 3,85 | 3,70 | 3,20 |
| Längd | 7,00 | 6,70 | 6,50 | 6,20 | 6,00 | 5,60 |
| Tresteg | 13,85 | 13,40 | 12,80 | 12,40 | 12,00 | 11,80 |
| Kula | 14,75 | 14,00 | 13,70 | 13,30 | 12,50 | 12,00 |
| Diskus | 46,90 | 41,00 | 40,00 | 40,00 | 35,00 | 36,00 |
| Slägga | 52,00 | 47,00 | 45,00 | 40,00 | 37,00 | 38,00 |
| Spjut | 61,50 | 55,00 | 50,00 | 48,00 | 45,00 | 42,00 |

| Kvinnor | KS | K22 | F19 | F17 | F16 | F15 |
|-------------------|----------|----------|----------|----------|----------|---------|
| 100/80m | 12,10 | 12,50 | 12,70 | 12,90 | 13,00 | 11,00 |
| 200m | 24,85 | 25,50 | 26,00 | 26,20 | 26,80 | |
| 400/300m | 57,15 | 58,75 | 60,50 | 62,00 | 63,00 | 44,00 |
| 800m | 2,13,00 | 2,19,00 | 2,22,00 | 2,26,00 | 2,29,00 | 2,32,00 |
| 1500m | 4,32,00 | 4,55,00 | 5,00,00 | 5,10,00 | 5,15,00 | |
| 5000/3000/2000m | 17,25,00 | 18,50,00 | 11,10,00 | 11,20,00 | 11,40,00 | 7,20,00 |
| 10 000m | 38,05,00 | | | | | |
| 100/80m häck | 14,65 | 15,70 | 15,80 | 15,80 | 16,00 | 12,80 |
| 400m häck | 64,20 | 66,50 | 68,00 | | | |
| 300m häck | | | | 47,80 | 48,30 | 49,00 |
| 3000m hinder | 11,40,00 | | | | | |
| 2000/1500m hinder | | 7,50,00 | 8,00,00 | 5,40,00 | 5,50,00 | 6,00,00 |
| Höjd | 1,75 | 1,63 | 1,60 | 1,58 | 1,55 | 1,52 |
| Stav | 3,60 | 3,40 | 3,10 | 2,90 | 2,80 | 2,60 |
| Längd | 5,85 | 5,50 | 5,40 | 5,30 | 5,20 | 5,00 |
| Tresteg | 11,90 | 11,30 | 11,00 | 10,80 | 10,50 | 10,30 |
| Kula | 12,50 | 11,50 | 11,00 | 12,00 | 11,30 | 10,80 |
| Diskus | 42,00 | 38,00 | 35,00 | 30,00 | 29,00 | 30,00 |
| Slägga | 53,50 | 42,00 | 42,00 | 40,00 | 38,00 | 35,00 |
| Spjut | 41,00 | 38,00 | 34,00 | 38,00 | 34,00 | 30,00 |