

## 2013 INDOOR TRACK & FIELD CHAMPIONSHIP QUALIFYING STANDARDS

MEN	FAT/Mark	Hand Time
60m	7.06	--
60m Hurdles	8.58	--
200m	22.69	--
400m	49.84	49.6
500m	1:05.64	1:05.4
800m	1:55.24	1:55.0
1,000m	2:30.04	2:29.8
1 Mile	4:15.24	4:15.0
3,000m	8:24.24	8:24.0
5,000m	14:47.14	14:46.9
Long Jump	6.70m	--
Triple Jump	13.36m	--
High Jump	1.96m	--
Pole Vault	4.35m	--
Shot Put	14.63m	--
Weight Throw	14.97m	--
1600m Relay	n/a	n/a
3200m Relay	n/a	n/a
DMR	n/a	n/a

WOMEN	FAT/Mark	Hand Time
60m	7.75	--
60m Hurdles	9.02	--
200m	25.15	--
400m	57.54	57.3
500m	1:17.24	1:17.0
800m	2:17.04	2:16.8
1,000m	2:59.04	2:58.8
1 Mile	5:02.24	5:02.0
3,000m	10:00.24	10:00.0
5,000m	17:37.54	17:37.3
Long Jump	5.50m	--
Triple Jump	11.28m	--
High Jump	1.68m	--
Pole Vault	3.55m	--
Shot Put	12.75m	--
Weight Throw	15.40m	--
1600m Relay	n/a	n/a
3200m Relay	n/a	n/a
DMR	n/a	n/a

## 2013 OUTDOOR TRACK & FIELD CHAMPIONSHIP QUALIFYING STANDARDS

MEN	FAT/Mark	Hand Time
100m	10.93	--
110m Hurdles	15.35	--
200m	22.00	--
400m	49.04	48.8
400m Hurdles	55.64	55.4
800m	1:52.54	1:52.3
1,500m	3:55.24	3:55.0
3,000m Steeplechase	9:25.24	9:25.0
5,000m	14:40.24	14:40.0
10,000m	31:00.64	31:00.4
Long Jump	6.90m	--
Triple Jump	14.00m	--
High Jump	1.98m	--
Pole Vault	4.55m	--
Shot Put	14.75m	--
Discus	44.50m	--
Javelin	54.00m	--
Hammer Throw	49.00m	--
400m Relay	n/a	n/a
1600m Relay	n/a	n/a
3200m Relay	n/a	n/a

WOMEN	FAT/Mark	Hand Time
100m	12.05	--
100m Hurdles	14.84	--
200m	24.80	--
400m	56.54	56.3
400m Hurdles	1:04.14	1:03.9
800m	2:12.74	2:12.5
1,500m	4:38.44	4:38.2
3,000m Steeplechase	11:10.24	11:10.0
5,000m	17:29.74	17:29.5
10,000m	37:03.74	37:03.5
Long Jump	5.60m	--
Triple Jump	11.65m	--
High Jump	1.68m	--
Pole Vault	3.60m	--
Shot Put	12.75m	--
Discus	40.00m	--
Javelin	36.00m	--
Hammer Throw	46.00m	--
400m Relay	n/a	n/a
1600m Relay	n/a	n/a
3200m Relay	n/a	n/a