

**2009 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	4:19.54	4:19.3
3,000m	8:26.04	8:25.8
5,000m	14:47.14	14:46.9
Long Jump	6.70m	--
Triple Jump	13.36m	--
High Jump	1.91m	--
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	7.85	--
60m Hurdles	9.02	--
200m	25.50	--
400m	58.24	58.0
500m	1:17.24	1:17.0
800m	2:17.04	2:16.8
1,000m	2:59.04	2:58.8
1 Mile	5:08.44	5:08.2
3,000m	10:03.74	10:03.5
5,000m	17:37.54	17:37.3
Long Jump	5.50m	--
Triple Jump	11.28m	--
High Jump	1.68m	--
Pole Vault	3.40m	--
Shot Put	12.75m	--
Weight Throw	15.25m	--
1600m Relay	n/a	n/a
3200m Relay	n/a	n/a
DMR	n/a	n/a

**2009 OUTDOOR TRACK & FIELD
CHAMPIONSHIP QUALIFYING STANDARDS**

MEN	FAT/Mark	Hand Time
100m	11.10	--
110m Hurdles	15.35	--
200m	22.18	--
400m	49.04	48.8
400m Hurdles	55.64	55.4
800m	1:53.64	1:53.4
1,500m	3:55.24	3:55.0
3,000m Steeplechase	9:25.24	9:25.0
5,000m	14:47.14	14:46.9
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	42.40m	--
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	12.30	--
100m Hurdles	14.84	--
200m	25.04	--
400m	57.24	57.0
400m Hurdles	1:04.14	1:03.9
800m	2:14.04	2:13.8
1,500m	4:38.44	4:38.2
3,000m Steeplechase	11:25.24	11:25.0
5,000m	17:37.54	17:37.3
10,000m	37:03.74	37:03.5
Long Jump	5.60m	--
Triple Jump	11.28m	--
High Jump	1.68m	--
Pole Vault	3.45m	--
Shot Put	12.75m	--
Discus	40.00m	--
Javelin	36.00m	--
Hammer Throw	45.12m	--
400m Relay	n/a	n/a
1600m Relay	n/a	n/a
3200m Relay	n/a	n/a