

## Entry Standards

<b>MEN</b>	<b>Event</b>	<b>WOMEN</b>
10.15	<b>100m</b>	11.18
20.45	<b>200m</b>	22.85
45.25	<b>400m</b>	51.20
1:44.80	<b>800m</b>	1:59.80
3:33.50	<b>1500m</b>	4:03.50
13:08.00	<b>5000m</b>	15:05.00
27:50.00	<b>10,000m</b>	32:00.00
8:20.00	<b>3000m SC</b>	9:28.00
13.40	<b>110m H / 100m H</b>	12.88
49.00	<b>400m H</b>	55.30
N/A	<b>4x100m</b>	N/A
N/A	<b>4x400m</b>	N/A
N/A	<b>4x100m Mixed</b>	N/A
N/A	<b>4x400m Mixed</b>	N/A
2:09.30	<b>Marathon</b>	2:27:00
1:26:15 (1:21:00 for 20km Race Walk)	<b>Half Marathon Race Walk</b>	1:36:20 (1:31:00 for 20km Race Walk)
3:11:00 (2:33:00 for 35km Race Walk)	<b>Marathon Race Walk</b>	3:40:00 (2:57:00 for 35km Race Walk)
2.27	<b>High Jump</b>	1.94
5.82	<b>Pole Vault</b>	4.60
8.05	<b>Long Jump</b>	6.77
16.80	<b>Triple Jump</b>	14.20
20.80	<b>Shot Put</b>	18.20
65.50	<b>Discus</b>	61.00
77.00	<b>Hammer</b>	71.50
83.00	<b>Javelin</b>	60.80
8300	<b>Combined Events</b>	6320