

2010 Men's Indoor Qualifying Standards

EVENT	Performance Standard
55m	6.78
55mHH	8.40
200m	23.44
400m	52.00
600m	1:25.54
800m	2:00.00
1000m	2:38.00
Mile	4:27.00
3000m	8:57.54
5000m	15:35.00
4x400	Open
4x800	Open
DMR	Open
Long Jump	20-10 / 6.35
Triple Jump	42-6 / 12.95
High Jump	6-01 / 1.86
Pole Vault	12-09 / 3.89
Shot Put	43-00 / 13.26
Weight Throw	46-04 / 14.12
Pentathlon	2900pts