

## 2010 Men's Indoor Qualifying Standards

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