

Indoor Track and Field Unattached Entry Standards

A and B Standards

Event	Women A	Women B	Men A	Men B
60m	7.55	7.75	6.85	7.00
200m	24.40	25.10	21.70	22.20
400m	55.80	57.80	48.80	50.20
600m	1:31.5	1:34.5	1:18.0	1:20.0
800m	2:09.0	2:13.5	1:52.5	1:55.5
1000m	2:51.0	2:57.0	2:24.5	2:28.0
Mile	5:05.00	5:20.00	4:18.00	4:28.00
3000m	9:45.00	10:05.00	8:15.00	8:30.00
60mH	8.55	8.85	8.10	8.35
High Jump	1.70m	1.65m	2.05m	2.00m
Pole Vault	3.90m	3.70m	5.10m	4.90m
Long Jump	5.85m	5.60m	7.35m	7.10m
Triple Jump	12.10m	11.70m	15.20m	14.70m
Shot Put	14.25m	13.50m	17.25m	16.25m
Weight Throw	17.50m	16.75m	20.50m	19.50m