

**2008 MENS INDOOR STANDARDS
(SEA LEVEL)**

	AUTOMATIC		PROVISIONAL		
	FAT	MT	FAT	MT	
55 METER DASH	6.36	-	6.47	-	
60 METER DASH	6.84	-	6.95	-	
55 METER HURDLES	7.55	-	7.75	-	
60 METER HURDLES	8.09	-	8.29	-	
400 METER DASH					
	(Under 200m/220 yds)*	48.70	-	49.90	-
	(200m/220 yds - Flat)*	48.40	-	49.60	-
	(200m/220 yds - Banked)*	47.90	-	49.10	-
	(Over 200m/ 220 yds)*	47.80	-	49.00	-
800 METER RUN#					
	(Under 200m/220 yds)*	1:53.30	1:53.0	1:55.40	1:55.1
	(200m/220 yds - Flat)*	1:52.90	1:52.6	1:55.00	1:54.7
	(200m/220 yds - Banked)*	1:52.30	1:52.0	1:54.40	1:54.1
	(Over 200m/ 220 yds)*	1:52.00	1:51.7	1:54.10	1:53.8
MILE RUN#					
	(Under 200m/220 yds)*	4:11.50	4:11.2	4:16.50	4:16.2
	(200m/220 yds - Flat)*	4:11.00	4:10.7	4:16.00	4:15.7
	(200m/220 yds - Banked)*	4:10.00	4:09.7	4:15.00	4:14.7
	(Over 200m/ 220 yds)*	4:08.80	4:08.5	4:13.80	4:13.5
5,000 METER RUN#					
	(Under 200m/220 yds)*	14:35.50	14:35.2	14:57.50	14:57.2
	(200m/220 yds - Flat)*	14:33.00	14:32.7	14:55.00	14:54.7
	(200m/220 yds - Banked)*	14:29.40	14:29.1	14:51.40	14:51.1
	(Over 200m/ 220 yds)*	14:27.50	14:27.2	14:49.50	14:49.2
1,600 METER RELAY					
	(Under 200m/220 yds)*	3:17.90	3:17.6	3:21.70	3:21.4
	(200m/220 yds - Flat)*	3:16.70	3:16.4	3:20.50	3:20.2
	(200m/220 yds - Banked)*	3:14.70	3:14.4	3:18.50	3:18.2
	(Over 200m/ 220 yds)*	3:14.30	3:14.0	3:18.10	3:17.8
MILE RELAY					
	(Under 200m/220 yds)*	3:19.00	3:18.7	3:22.80	3:22.5
	(200m/220 yds - Flat)*	3:17.80	3:17.5	3:21.60	3:21.3
	(200m/220 yds - Banked)*	3:15.80	3:15.5	3:19.60	3:19.3
	(Over 200m/ 220 yds)*	3:15.40	3:15.1	3:19.20	3:18.9
DISTANCE MEDLEY RELAY - METERS#					
	(Under 200m/220 yds)*	10:02.10	10:01.8	10:11.60	10:11.3
	(200m/220 yds - Flat)*	10:00.50	10:00.2	10:10.00	10:09.7
	(200m/220 yds - Banked)*	9:57.50	9:57.2	10:07.00	10:06.7
	(Over 200m/ 220 yds)*	9:56.30	9:56.0	10:05.80	10:05.5
DISTANCE MEDLEY RELAY - YARDS#					
	(Under 200m/220 yds)*	10:05.60	10:05.3	10:15.10	10:14.8
	(200m/220 yds - Flat)*	10:04.00	10:03.7	10:13.50	10:13.2
	(200m/220 yds - Banked)*	10:01.00	10:00.7	10:10.50	10:10.2
	(Over 200m/ 220 yds)*	9:59.80	9:59.5	10:09.30	10:09.0
	METRIC			METRIC	
HIGH JUMP	2.09		2.01		
POLE VAULT	5.06		4.70		
LONG JUMP	7.24		6.96		
TRIPLE JUMP	14.64		14.00		
SHOT PUT	17.00		15.54		
WEIGHT THROW (35 Pound)	18.44		16.58		

* Size of the track

Altitude adjustments available

**2008 WOMEN'S INDOOR STANDARDS
(SEA LEVEL)**

	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
55 METER DASH	7.14	-	7.32	-
60 METER DASH	7.66	-	7.84	-
55 METER HURDLES	8.27	-	8.55	-
60 METER HURDLES	8.85	-	9.13	-
400 METER DASH				
(Under 200m/220 yds)*	56.95	-	58.90	-
(200m/220 yds - Flat)*	56.75	-	58.70	-
(200m/220 yds - Banked)*	56.35	-	58.30	-
(Over 200m/ 220 yds)*	56.25	-	58.20	-
800 METER RUN#				
(Under 200m/220 yds)*	2:14.15	2:13.8	2:17.20	2:16.9
(200m/220 yds - Flat)*	2:13.85	2:13.5	2:16.90	2:16.6
(200m/220 yds - Banked)*	2:13.35	2:13.0	2:16.40	2:16.1
(Over 200m/ 220 yds)*	2:13.15	2:12.8	2:16.20	2:15.9
MILE RUN#				
(Under 200m/220 yds)*	4:55.40	4:55.1	5:05.40	5:05.1
(200m/220 yds - Flat)*	4:55.00	4:54.7	5:05.00	5:04.7
(200m/220 yds - Banked)*	4:54.10	4:53.8	5:04.10	5:03.8
(Over 200m/ 220 yds)*	4:53.20	4:52.9	5:03.20	5:02.9
5,000 METER RUN#				
(Under 200m/220 yds)*	17:12.50	17:12.2	17:42.50	17:42.2
(200m/220 yds - Flat)*	17:10.00	17:09.7	17:40.00	17:39.7
(200m/220 yds - Banked)*	17:06.70	17:06.4	17:36.70	17:36.4
(Over 200m/ 220 yds)*	17:04.80	17:04.5	17:34.80	17:34.5
1,600 METER RELAY				
(Under 200m/220 yds)*	3:54.30	3:54.0	3:59.20	3:58.9
(200m/220 yds - Flat)*	3:53.50	3:53.2	4:00.00	3:59.7
(200m/220 yds - Banked)*	3:51.90	3:51.6	3:58.40	3:58.1
(Over 200m/ 220 yds)*	3:51.50	3:51.2	3:58.00	3:57.7
MILE RELAY				
(Under 200m/220 yds)*	3:55.70	3:55.4	4:02.20	4:01.9
(200m/220 yds - Flat)*	3:54.90	3:54.6	4:01.40	4:01.1
(200m/220 yds - Banked)*	3:53.30	3:53.0	3:59.80	3:59.5
(Over 200m/ 220 yds)*	3:52.90	3:52.6	3:59.40	3:59.1
DISTANCE MEDLEY RELAY - METERS#				
(Under 200m/220 yds)*	11:54.80	11:54.5	12:18.20	12:17.9
(200m/220 yds - Flat)*	11:53.60	11:53.3	12:17.00	12:16.7
(200m/220 yds - Banked)*	11:51.10	11:50.8	12:14.50	12:14.2
(Over 200m/ 220 yds)*	11:49.60	11:49.3	12:13.00	12:12.7
DISTANCE MEDLEY RELAY - YARDS#				
(Under 200m/220 yds)*	11:59.00	11:58.7	12:22.40	12:22.1
(200m/220 yds - Flat)*	11:57.80	11:57.5	12:21.20	12:20.9
(200m/220 yds - Banked)*	11:55.30	11:55.0	12:18.70	12:18.4
(Over 200m/ 220 yds)*	11:53.80	11:53.5	12:17.20	12:16.9
	METRIC		METRIC	
HIGH JUMP	1.71		1.65	
POLE VAULT	3.75		3.45	
LONG JUMP	5.70		5.43	
TRIPLE JUMP	11.78		11.18	
SHOT PUT	13.95		12.80	
WEIGHT THROW (20 Pound)	17.00		15.05	

* Size of the track

Altitude adjustments available