



2010 Men's & Women's INDOOR TRACK & FIELD CHAMPIONSHIP QUALIFYING TIMES & ACCOMPANYING INFO

MEN	FAT/Mark	Hand Time
60m	7.06	--
60m Hurdles	8.58	--
200m	22.69	--
400m	49.84	49.6
500m	1:05.64	1:05.4
800m	1:55.24	1:55.0
1,000m	2:30.04	2:29.8
1 Mile	4:19.54	4:19.3
3,000m	8:24.24	8:24.0
5,000m	14:47.14	14:46.9
Long Jump	6.70m	--
Triple Jump	13.36m	--
High Jump	1.96m	--
Pole Vault	4.35m	--
Shot Put	14.63m	--
Weight Throw	14.97m	--
4x400m Relay	- NT -	- NT -
4x800m Relay	- NT -	- NT -
DMR	- NT -	- NT -

WOMEN	FAT/Mark	Hand Time
60m	7.85	--
60m Hurdles	9.02	--
200m	25.50	--
400m	58.24	58.0
500m	1:17.24	1:17.0
800m	2:17.04	2:16.8
1,000m	2:59.04	2:58.8
1 Mile	5:08.44	5:08.2
3,000m	10:00.24	10:00.0
5,000m	17:37.54	17:37.3
Long Jump	5.50m	--
Triple Jump	11.28m	--
High Jump	1.68m	--
Pole Vault	3.40m	--
Shot Put	12.75m	--
Weight Throw	15.25m	--
4x400m Relay	- NT -	- NT -
4x800m Relay	- NT -	- NT -
DMR	- NT -	- NT -

ADDITIONAL RELAY INFORMATION:

- No qualifying standards exist for ANY Indoor Relay (4x400m, 4x800 & DMR).
- Institutions may enter one (1) male and one (1) female team per relay.
- Each institution will have all available indoor relays automatically entered regardless if they have a seedtime or not. At the technical meeting on the Friday evening of the championship, a 'relay declaration form' will be distributed to each head coach. Only the head coach may verify what relay event(s) their respective institution/team will be competing in. Once all 'relay event declaration forms' are submitted/collected, the seeding committee will reconvene and seed the relay events based on the declared institutions. The final seeding of the relay events will be made available online to coaches in a timely manner that same evening.