

2006 IC4A Men's Outdoor Track and Field Standards

Event	FAT	MT
100 meters	10.85	10.6
200 meters	21.74	21.6
400 meters	48.90	48.6
800 meters	1:52.50	1:52.2
1,500 meters	3:51.74	3:52.4
Mile	4:11.35	4:11.1
5,000 meters	14:37.00	14:36.5
3,000-meter steeplechase	9:16.00	9:15.5
10,000 meters	31:08.00	31:07.5
110-meter hurdles	14.85	14.6
400-meter hurdles	53.94	53.7
4x100-meter relay	42.50	42.3
4x110-yard relay	43.80	42.6
4x400-meter relay	3:17.60	3:17.3
Mile relay	3:18.80	3:18.5
4x800-meter relay	7:43.60	7:43.2
Two-mile relay	7:46.60	7:46.2

METRIC

High Jump	2.04
Pole Vault	4.75
Long Jump	7.10
Triple Jump	14.50
Shot Put	15.60
Hammer Throw	51.80
Discus Throw	47.00
Javelin Throw	58.00
Decathlon	6,300 pts

- FAT – Fully Automatic Timing
- MT – Manual Time

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REGIONAL LEVEL

<u>Event</u>	<u>FAT</u>	<u>MT</u>	<u>Alt. Adjustment</u> <u>3k-5,999/6k+</u>
100 meters	10.50	-	+03/+06
200 meters	21.19	-	+07/+12
400 meters	47.26	47.0	+11/+21
800 meters	1:50.40	1:51.1	
1,500 meters#	3:47.80	3:47.5	
Mile#	4:06.00	4:05.7	
3,000-meter steeplechase#	9:07.00	9:06.7	
5,000 meters#	14:10.00	14:09.7	
110-meter hurdles	14.30	-	+04/+08
400-meter hurdles	52.51	52.2	+11/+21
400-meter relay	40.66	40.4	+12/+24
440-yard relay	40.86	40.6	+12/+24
1,600-meter relay	3:10.00	3:09.7	+44/+84
Mile relay	3:11.20	3:10.9	+44/+84

METRIC

High jump	2.10
Pole vault	5.05
Long jump	7.34
Triple jump	15.08
Shot put	16.80
Discus	51.70
Javelin	61.60
Hammer	55.60

NATIONAL LEVEL

<u>Event</u>	<u>AUTOMATIC</u>		<u>PROVISIONAL</u>	
	<u>FAT</u>	<u>MT</u>	<u>FAT</u>	<u>MT</u>
10,000 meters#	29:45.00	28:44.7	29:30.00	29:39.7
Decathlon	7,500 pts		7,000 pts	

- Altitude adjustment available

•FAT – Fully Automatic Timing

•MT – Manual Time

