

I.C.A.A.A. OUTDOOR TRACK AND FIELD STANDARDS – 2007

	<u>AUTO</u>	<u>HAND</u>
<u>100 Meter Dash:</u>	0:10.85	0:10.6
<u>200 Meters:</u>	0:21.74	0:21.5
<u>400 Meters:</u>	0:48.30	0:48.5
<u>800 Meters:</u>	1:52.50	1:52.2
<u>1500 Meters:</u>	3:51.24	3:52.2
<u>One Mile:</u>	4:11.30	4:11.0
<u>5000 Meters:</u>	14:37.00	14:36.5
<u>3000 Meter Steeplechase:</u>	9:16.00	9:15.5
<u>10,000 Meters:</u>	31:08.00	31:07.5
<u>110 Meter High Hurdles:</u>	0:14.85	0:14.6
<u>400 Intermediate Hurdles:</u>	0:53.94	0:53.7
<u>4x100 Meter Relay:</u>	0:42.50	0:42.3
<u>4x110 Yard Relay:</u>	0:43.80	0:42.6
<u>4x400 Meter Relay:</u>	3:17.60	3:17.3
<u>One Mile Relay:</u>	3:18.80	3:18.5
<u>4x800 Relay:</u>	7:43.60	7:43.2
<u>2 Mile Relay:</u>	7:46.60	7:46.2

IMPORTANT: In the 100, 200, 400, 110HH and 400 Relay “ If an athlete has a qualifying FAT performance you **MUST** use the athletes FAT time as his declaration performance. If an athlete has only a hand time performance, this may be used to qualify to enter the meet only. It may not be used for seeding purposes. In this case, the athlete will be placed at the end of the seeding list, regardless of the time....”

<u>High Jump:</u>	2.04	<u>ShotPut</u>	15.60
<u>Pole Vault:</u>	4.75	<u>Hammer Throw:</u>	52.50
<u>Long Jump:</u>	7.10	<u>Discus Throw:</u>	47.00
<u>Triple Jump:</u>	14.50	<u>Javelin Throw:</u>	58.50

Decathlon: 6300 points, with a secondary standard or Top 15 to complete the field.

IMPORTANT: All Field Event final declarations **MUST** be stated in metric measurement, on the declaration sheet. Final declarations submitted in imperial measurements **WILL NOT BE ACCEPTED. At the time of declaration.**