

**Dempsey Indoor 2010  
Entry Standards  
UW Invitational & Husky Classic**

\*In the men's and women's long jump and triple jump, we will confine our fields to no more than 28 athletes per field. Due to facility restraints (one runway and pit), we will stick to these numbers in order to run an efficient meet.

\*In addition, we will confine fields on the track and in the field that allow us to contest the meet within the proposed time schedules. That may mean that we will take only a certain number of athletes in particular events. No entry at [www.directathletics.com](http://www.directathletics.com) is guaranteed a spot in the meet.

**Men**

**60m Dash:** 7.15  
**200m Dash:** 22.30  
**400m Dash:** 49.15  
**800m Run:** 1:53.50  
**Mile Run:** 4:13.00  
**3000m Run:** 8:25.00  
**5000m Run:** 14:40.00  
**60m Hurdles:** 8.35  
**4x400m Relay:** 3:14.00  
**Long Jump:** 22-09 (6.93m)  
**Triple Jump:** 47-00 (14.33m)  
**High Jump:** 6-07 (2.01m)  
**Pole Vault:** 15'6" (4.72m)  
**Shot Put:** 51-06 (15.70m)  
**Weight Throw:** 55-00 (16.76m)

**Women**

**60m Dash:** 8.00  
**200m Dash:** 25.75  
**400m Dash:** 58.00  
**800m Run:** 2:14.00  
**Mile Run:** 5:00.00  
**3000m Run:** 9:50.00  
**5000m Run:** 17:30.00  
**60m Hurdles:** 8.90  
**4x400m Relay:** 3:55.00  
**Long Jump:** 18-06 (5.64m)  
**Triple Jump:** 38-00 (11.58m)  
**High Jump:** 5-07 (1.70m)  
**Pole Vault:** 12-00 (3.66m)  
**Shot Put:** 45-00 (13.74m)  
**Weight Throw:** 50-00 (15.24m)