

**2010 MEN'S OUTDOOR STANDARDS  
(SEA LEVEL)**

	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
100 METER DASH	10.55	-	10.76	-
200 METER DASH	21.31	-	21.75	-
400 METER DASH	47.50	-	48.50	-
800 METER RUN#	1:50.80	1:50.5	1:53.00	1:52.7
1500 METER RUN#	3:50.60	3:50.3	3:54.50	3:54.2
MILE RUN#	4:09.00	4:08.7	4:13.20	4:12.9
3,000M STEEPLECHASE#	9:07.00	9:06.7	9:25.00	9:24.7
5,000 METER RUN#	14:28.00	14:27.7	14:48.00	14:47.7
10,000 METER RUN#	30:20.00	30:19.7	31:10.00	31:09.7
110-METER HURDLES	14.42	-	14.88	-
400-METER HURDLES	52.65	-	54.30	-
400-METER RELAY	41.00	-	41.90	-
1,600-METER RELAY	3:13.00	3:12.7	3:16.40	3:16.1
MILE RELAY	3:14.10	3:13.8	3:17.50	3:17.6
	METRIC		METRIC	
HIGH JUMP	2.11		2.02	
POLE VAULT	5.07		4.70	
LONG JUMP	7.30		7.00	
TRIPLE JUMP	14.85		14.20	
SHOT PUT	17.00		15.45	
DISCUS THROW	51.50		47.00	
JAVELIN THROW	62.50		57.80	
HAMMER THROW	57.00		52.50	
DECATHLON	6,600 points		6,050 points	
# Altitude adjustments available				

**2010 WOMEN'S OUTDOOR STANDARDS  
(SEA LEVEL)**

	AUTOMATIC		PROVISIONAL	
	FAT	MT	FAT	MT
100 METER DASH	12.00	-	12.30	-
200 METER DASH	24.57	-	25.25	-
400 METER DASH	55.70	-	57.30	-
800 METER RUN#	2:11.00	2:10.7	2:15.00	2:14.7
1500 METER RUN#	4:31.00	4:30.7	4:38.50	4:38.2
MILE RUN#	4:52.60	4:52.3	5:00.70	5:00.4
3,000M STEEPLECHASE#	10:39.00	10:38.7	11:13.00	11:12.7
5,000 METER RUN#	16:55.00	16:54.7	17:35.00	17:34.7
10,000 METER RUN#	35:48.00	35:47.7	37:30.00	37:29.7
100-METER HURDLES	14.30	-	14.99	-
400-METER HURDLES	1:02.00	-	1:04.20	-
400-METER RELAY	47.15	-	48.65	-
1,600-METER RELAY	3:50.10	3:50.4	3:56.60	3:56.3
MILE RELAY	3:51.40	3:51.7	3:57.90	3:57.6

	METRIC		METRIC	
HIGH JUMP	1.71		1.65	
POLE VAULT	3.86		3.55	
LONG JUMP	5.83		5.55	
TRIPLE JUMP	12.00		11.36	
SHOT PUT	14.20		12.90	
DISCUS THROW	47.00		41.50	
JAVELIN THROW	44.20		39.00	
HAMMER THROW	53.00		46.92	
HEPTATHLON	4,575 points		4,100 points	
# Altitude adjustments available				