

2013 DI ECAC QUALIFYING STANDARDS OUTDOOR 2013

RUNNING EVENTS

Event	2013 Standard (FAT)	2013 Standard (Hand)
100 M	12.08	
200 M	24.74	
400 M	55.94	55.7
800 M	2:10.94	2:10.7
1500 M	4:32.04	4:31.8
3000 M	10:00.04	9:59.8
3000m Stpch	10:55.04	10:54.8
5000 M	17:16.64	17:16.4
10,000 M	37:40.24	37:40.0
100 MH	14.34	14.1
400 MH	62.04	61.8
4 x 100 M	47.94	47.7
4 x 400 M	3:51.84	3:51.6
4 x 800 M	9:16.24	9:16.0

FIELD EVENTS

Event	2012 Standard
High Jump	1.71
Long Jump	5.80m
Triple Jump	12.05m
Pole Vault	3.72
Shot Put	13.60m
Discus	42.80
Javelin	41.40m
Hammer	51.00m
Heptathlon	TOP 15