

## APPENDIX A Entry Standards

Men	Event	Women
6"80 (60m) 10"45 (100m)	<b>60m</b>	7"60 (60m) 11"80 (100m)
48"10 (indoor) 47"15 (outdoor)	<b>400m</b>	56"60 (indoor) 55"50 (outdoor)
1'50"00 (indoor) 1'48"14 (outdoor)	<b>800m</b>	2'13"00 (indoor) 2'10"00 (outdoor)
3'51"00 (indoor) 3'47"50 (outdoor)	<b>1 500m</b>	4'33"00 (indoor) 4'30"50 (outdoor)
8"40 (60m Hurdles) 14"85 (110m Hurdles)	<b>60m Hurdles</b>	8"55 (60m Hurdles) 13"85 (100m Hurdles)
	<b>High Jump</b>	1m78
5m20	<b>Pole Vault</b>	
7m50	<b>Long Jump</b>	
	<b>Triple Jump</b>	12m85
17m00	<b>Shot Put</b>	13m90

1. All performances must be achieved during the period 1 January 2018 to 13 January 2019.
2. All performances must be achieved during an official competition organised in conformity with IAAF Rules, and sanctioned by the IAAF, its Area Associations or its Member Federations.
3. Performances achieved in mixed events (between male and female participants), held completely in the stadium, may be accepted under specific circumstances and conditions (see IAAF Rule 147).
4. Wind assisted performances (over 2m/sec) will not be accepted.
5. For the 60m, 100m, 400m, 60m Hurdles, 100m Hurdles and 110m Hurdles, only the performances achieved with an automatic timing system complying with the IAAF Rule 160 (§13 to 18) will be accepted.
6. For the running events of 400m and over, performances achieved on over-sized tracks will not be accepted.