

**IAAF World Indoor Championships 2010 12-14 March 2010**  
**Doha, Qatar**

**Entry Standards**

<b><u>TRACK EVENTS</u></b>				
<b>MEN</b>				<b>WOMEN</b>
	<b>Indoor</b>	<b>Outdoor</b>	<b>Indoor</b>	<b>Outdoor</b>
<b>60m</b>	6.69	10.20 (100m)	7.37	11.25 (100m)
<b>400m</b>	47.00	45.25	53.25	51.25
<b>800m</b>	1:48.50	1:45.50	2:04.00	2:00.00
<b>1500m</b>	3:42.50 / 4:00.00 (mile)	3:34.50 / 3:52.00 (mile)	4:15.00 / 4:32.00 (mile)	4:04.00 / 4:22.00 (mile)
<b>3000m</b>	7:54.00	7:44.00 / 13:19.00 (5000m)	9:03.00	8:38.00 / 15:02.00 (5000m)
<b>4x400m Relay</b>	no standard			
<b>60m hurdles</b>	7.74	13.55 (110mH)	8.18	12.95 (100mH)

<b><u>FIELD EVENTS</u></b>		
	<b>MEN</b>	<b>WOMEN</b>
<b>High Jump</b>	2.28	1.92
<b>Pole Vault</b>	5.70	4.40
<b>Long Jump</b>	8.10	6.60
<b>Triple Jump</b>	16.95	14.05
<b>Shot Put</b>	20.00	17.50

**CONDITIONS:**

Athletes who intend to compete in the World Indoor Championship are expected to show current form at the National Senior Indoor Championships.

Initial team selection will occur on the 7<sup>th</sup> February 2010

Final selection will occur on Sunday 28<sup>th</sup> February 2010

Performances must be achieved during the **qualification period** of 1<sup>st</sup> January 2009 to 1<sup>st</sup> March 2010

Performances must be achieved during **competitions organised or authorised by the IAAF**, its Area Associations or its National Member Federations. Thus, results achieved at university or school competitions must be certified by the National Federation of the country in which the competition was organised.

Performances must be achieved during an official competition organised in **conformity with IAAF Rules**.

Performances achieved in **mixed events** between male and female participants, held completely in the Stadium, may be accepted under specific circumstances and conditions (see Rule 147).

**Wind-assisted performances** will not be accepted.

**Hand-timed performances** in 60m, 100m, 400m, 60m Hurdles, and 100m/110m Hurdles will not be accepted

For the running events of 400m and over, performances achieved on **oversized tracks** will NOT be accepted.

#### ENTRY RULES:

Each Member is entitled to enter up to three competitors in each event of the Championships, provided all have achieved the corresponding entry standard, but only two will be permitted to compete (except the Combined Events see below).

For the combined events, Eight (8) athletes will be invited by the IAAF in the Heptathlon and in the Pentathlon as follows:

the three best athletes from the 2009 Outdoor Lists (as at 31<sup>st</sup> December 2009), limited to a maximum of one per country and the three best athletes from the 2010 Indoor Lists during (as at 22<sup>nd</sup> February 2010) two athletes which may be invited at the discretion of the IAAF

In total no more than two male and two female athletes from any one Member will be invited.

Upon refusals or cancellations, the invitations shall be extended to the next ranked athletes in the same lists respecting the above conditions.

**Youth athletes** (any athlete aged 16 or 17 years on 31 December in the year of the competition) CANNOT be entered in the **Men's Shot Put**.

**Athletes younger than 16 years** (on 31 December in the year of the competition), CANNOT be entered in any event.