

**QUALIFYING STANDARDS FOR
INAS ATHLETICS CHAMPIONSHIPS
Bangkok, Thailand 12-19 May 2017**

EVENT	MEN	WOMEN
100 m	12.00	14.50
200 m	24.30	31.50
400 m	55.00	74.00
800 m	2:10.00	2:45.00
1 500 m	4:15.00	5:40.00
3 000 m	n/a	13:30.00
5 000 m	17:00.00	open
10 000 m	open	n/a
100m Hurdles (0,84)	n/a	open
110m Hurdles (0,91)	open	n/a
400m Hurdles (0,76)	n/a	open
400m Hurdles (0,84)	open	n/a
3 000 m Steeplechase	open	n/a
5 000 m Walk Race	n/a	open
10 000 m Walk Race	open	n/a
Pole Vault	open	n/a
High Jump	1.65m	1.25m
Long Jump	5.80m	4.20m
Triple Jump	11:00m	open
Shot Put	10.50m (7.26kg)	8.80m (4kg)
Discus	25.00m (2kg)	16.00m (1kg)
Javelin	35.00m (800g)	18.00m (600g)
Hammer	open	open
4x100 m Relay	open (1 team per country)	open (1 team per country)
4x400 m Relay	open (1 team per country)	open (1 team per country)
Heptathlon	open (110mH, HJ, SP, 200m, LJ, Jav, 800m)	open (100mH, HJ, SP, 200m, LJ, Jav, 800m)