

Qualifying Standards

NACAC U-23 Championship 2006

Santo Domingo, 7th- 9th July 2006

MUJERES / WOMEN	EVENTO / EVENT	HOMBRES / MEN
12.00	100m	10.70
24.50	200m	21.50
56.00	400m	49.00
02:12.00	800m	01:52.00
04:45.00	1500m	04:00.00
18:00.00	5000m	15:00.00
38:00.00	10000m	30:30.00
14.30	100 H / 110 H	15.00
01:02.00	400 H	53.00
Sin Marca / No Entry Standard	3000m Steeplechase	Sin Marca / No Entry Standard
Sin Marca / No Entry Standard	4 X 100 Relays	Sin Marca / No Entry Standard
Sin Marca / No Entry Standard	4 X 400 Relays	Sin Marca / No Entry Standard
Sin Marca / No Entry Standard	10 K. Race Walk/ 20 K. Race Walk	Sin Marca / No Entry Standard
1.75	High Jump	1.95
12.00	Triple Jump	15.00
3.40	Pole Vault	4.50
5.70	Long Jump	7.00
14.00	Shot Put	16.00
45.00	Discus Throw	49.00
50.00	Hammer Throw	50.00
45.00	Javelin Throw	60.00
4300	Heptathlon / Decathlon	6200

*According to the competition rules set for the NACAC events, this championship will be for all eligible athletes, who will be between 20-22 years old by December 31st 2006, and are born **between 1984 and 1986***