

# NACAC Senior Championship 2007

## ENTRY STANDARDS

MUJERES / WOMEN	EVENTO / EVENT	HOMBRES / MEN
11.50	100m	10.40
23.80	200m	21.00
53.00	400m	46.25
02.07.0	800m	01.49.0
04.25.0	1500m	03.48.0
17.00.0	5000m	14.20.0
35.30.0	10000m	29.50.0
14.00	100 Vallas / 110 Hurdles	14.40
1:00.40	400 Vallas (Hurdles)	52.00
Sin Marca / No Entry Standard	3000 Obstáculos (Steeplechase)	09.00.0
Sin Marca / No Entry Standard	Relevos 4 X 100 (Relays)	Sin Marca / No Entry Standard
Sin Marca / No Entry Standard	Relevos 4 X 400 (Relays)	Sin Marca / No Entry Standard
Sin Marca / No Entry Standard	10 km. / 20km. Caminata (Race Walk)	Sin Marca / No Entry Standard
1.75	Salto de Altura (High Jump)	2.12
6.10	Salto de Longitud (Long Jump)	7.60
13.00	Salto Triple (Triple Jump)	16.50
3.50	Salto con Pértiga (Pole Vault)	5.00
14.40	Impulso de Bala (Shot Put)	17.00
48.00	Lanzamiento de Disco (Discus Throw)	53.00
49.00	Lanzamiento de Jabalina (Javelin Throw)	71.00
55.00	Lanzamiento de Martillo (Hammer Throw)	60.00
4.800	Heptatlón / Decatlon	6.750

Performances must be achieved during the period, January 1<sup>st</sup> 2006 to June 28<sup>th</sup> 2007.