



**ANB High Performance Team
Senior Indoor Qualifying Standards for 2015**



Senior Women				Senior Men		
Criterion	A Team	B Team	Event	Criterion	A Team	B Team
7.40	7.81	8.24	60m	6.68	6.90	7.13
24.40	25.77	27.21	200m	21.73	22.46	23.23
38.74	41.05	43.49	300m	34.23	35.48	36.79
55.57	58.82	1:02.26	400m	48.43	50.15	51.96
1:30.98	1:36.11	1:41.50	600m	1:19.28	1:21.93	1:24.75
2:06.44	2:13.56	2:20.98	800m	1:51.74	1:55.47	1:59.39
2:49.28	2:58.17	3:07.39	1000m	2:23.94	2:28.86	2:34.07
4:28.97	4:42.93	4:57.60	1500m	3:49.62	3:57.61	4:06.03
9:25.36	9:57.88	10:32.54	3000m	8:05.05	8:23.37	8:42.67
17:35.13	18:29.13	19:25.80	5000m	15:04.33	15:31.79	16:00.77
8.36	8.88	9.44	60m H (84cm)			
			60m H (107cm)	7.95	8.35	8.77
1.77	1.68	1.58	High Jump	2.06	1.96	1.86
6.05	5.59	5.11	Long Jump	7.30	6.83	6.36
11.92	11.06	10.20	Triple Jump	14.46	13.63	12.79
4.07	3.76	3.44	Pole Vault	4.92	4.58	4.22
14.69	13.28	11.85	Shot Put (4kg)			
			Shot Put (7.26kg)	17.26	15.65	14.03
17.82	16.11	14.37	Weight (9.07kg)			
			Weight (15.88kg)	18.60	16.84	15.11
3813	3450	3084	Pentathlon	3621	3273	2925
			Heptathlon	4274	3897	3514



**ANB High Performance Team
Junior Indoor Qualifying Standards for 2015**



Junior Women				Junior Men		
Criterion	A Team	B Team	Event	Criterion	A Team	B Team
7.51	7.91	8.34	60m	6.80	7.01	7.24
24.84	26.19	27.60	200m	22.08	22.80	23.55
40.02	42.28	44.65	300m	35.20	36.41	37.66
55.98	59.24	1:02.64	400m	49.09	50.78	52.56
1:33.58	1:38.54	1:43.81	600m	1:21.53	1:24.06	1:26.76
2:12.94	2:19.70	2:26.76	800m	1:53.05	1:56.70	2:00.57
2:55.64	3:04.14	3:13.05	1000m	2:26.87	2:31.70	2:36.71
4:38.39	4:51.78	5:06.06	1500m	3:57.98	4:05.52	4:13.56
9:54.29	10:25.44	10:58.30	3000m	8:30.40	8:47.24	9:05.24
8.69	9.19	9.73	60m H (84cm)			
			60m H (99cm)	8.27	8.65	9.05
1.70	1.61	1.52	High Jump	2.01	1.91	1.81
5.68	5.25	4.82	Long Jump	7.02	6.58	6.13
11.70	10.86	10.01	Triple Jump	14.33	13.50	12.68
3.70	3.42	3.14	Pole Vault	4.30	4.02	3.72
13.16	11.90	10.64	Shot Put (4kg)			
			Shot Put (6kg)	15.84	14.36	12.88
15.28	13.81	12.33	Weight (9.07kg)			
			Weight (11.34kg)	20.34	18.42	16.51
3522	3185	2848	Pentathlon	3082	2785	2488