

Balkan Indoor Championships

16 February 2019 Istanbul

Entry Standards

MEN		EVENT	WOMEN	
Indoor	Outdoor		Indoor	Outdoor
6.93	10.70 (100m)	60m	7.76	11.94 (100m)
49.60	47.90	400m	56.95	54.50
1:51.70	1:50.70	800m	2:17.30	2:13.00
3:59.00	3:53.00	1500m	4:60.00	4:45.00
8:23.30	8:39.60	3000m	9:55.00	10:11.00
8.26	14.70 (110mH)	60m Hurdles	8.71	13.60 (100mH)
No Standard		4x400m Relay	No Standard	
2.10		High Jump	1.70	
4.60		Pole Vault	3.80	
6.93		Long Jump	5.62	
14.25		Triple Jump	11.67	
17.65		Shot Put	14.40	

- Performances must be achieved between 01 January 2018 and 11 February 2019;
- Performances must be achieved during official competitions organised in conformity with IAAF Rules;
- Wind-assisted performances will not be accepted;
- Hand-timed performances in 60m, 100m, 400m, 800m, 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