



UPDATED 2.6.2024

2024 Indoor T&F Championships Standards

EVENT	MEN	WOMEN
60m (55m)	7.07 (6.58)	7.92 (7.36)
200m	22.40	25.50
400m	50.00	58.73
500m*	1:05.75	1:17.76
600m*	1:23.50	1:38.75
800m	1:55.00	2:17.50
1000m	2:30.24	3:02.00
Mile*(1500m)	4:16.78 (3:57.75)	5:05.50 (4:42.87)
3000m	8:30.50	10:10.00
5000m	15:03.24	18:05.00
60mHH (55m)	8.51 (7.90)	9.25 (8.60)
4x400m	Top 32 Declared	Top 32 Declared
4x800m	Top 32 Declared	Top 32 Declared
DMR	Top 32 Declared	Top 32 Declared
HJ	1.95m	1.65m
PV	4.55m	3.50m
LJ	6.81m	5.55m
TJ	13.84m	11.45m
SP	15.00m	12.80m
WT	16.20m	16.15m
Heptathlon / Pentathlon	Top 16	Top 16

* New Conversions

Event	Conversion
Convert Men 55m Dash/60m Dash	Multiply/Divide by 1.0749
Convert Men 55HH/60HH	Multiply/Divide by 1.0766
Convert Women 55m Dash/60m Dash	Multiply/Divide by 1.0774
Convert Women 55H/60H	Multiply/Divide by 1.0755
Convert 500m/600m	Multiply/Divide by 1.27
Convert 1500/Mile	Multiply/Divide by 1.08