

Mediterranean Indoor U23 Championships

Valencia (ESP), 22 January 2023

APPENDIX BEntry Standards

MEN	EVENT	WOMEN
6.80 (60m)	60m	7.60 (60m)
10.45 (100m)		11.80 (100m)
48.00 (indoor)	400m	56.10 (indoor)
47.00 (outdoor)		55.00 (outdoor)
1:50.00 (indoor)	800m	2:12.00 (indoor)
1:48.00 (outdoor)		2:09.50 (outdoor)
3:50.00 (indoor)	1500m	4:32.00 (indoor)
3:47.00 (outdoor)		4:29.50 (outdoor)
8.35 (60m H)	60m Hurdles	8.55(60m H)
14.75 (110m H)		13.85 (100m H)
2m15	High Jump	/
/	Long Jump	6m20
/	Pole Vault	4m00
15m50	Triple Jump	/
17m00	Shot Put	14m00

- 1. All performances must be achieved during period 1 January 2022 to 15 January 2023
- 2. All performances must be achieved during an official competition organised in conformity with WA Rules, and sanctioned by the WA, its Area Association or its Member Federation
- 3. Performances achieved in mixed events (between male and female participants), held completely in the stadium, may be accepted under specific circumstances and conditions and according to WA Rules
- 4. Wind assisted performances (over 2m/sec) will not be accepted
- 5. For the 60m,100m, 400m, 60m Hurdles, 100m Hurdles and 110m Hurdles, only the performances achieved with an automatic system complying with WA Rule will be accepted.
- 6. For the running events of 400m and over, performances achieved on over-sized tracks will not be accepted.