

**IAAF World Indoor Championships in Athletics - Doha, Qatar
12/14 March 2010**

Entry Standards - Men

| Event | Indoor | Outdoor |
|--------------------|------------------------------|-----------------------------------|
| 60 Metres | 6.69 | 10.20 (100m) |
| 400 Metres | 47.00 | 45.25 |
| 800 Metres | 1:48.50 | 1:45.50 |
| 1500 Metres | 3:42.50 or 4:00.00 (Mile) | 3:34.50 or 3:52.00 (Mile) |
| 3000 Metres | 7:54.00 | 7:44.00 or 13:19.00 (5000m) |
| 60 Metres Hurdles | 7.74 | 13.55 (110mH) |
| 4x400 Metres Relay | No Standard | No Standard |
| High Jump | 2.28m | - |
| Pole Vault | 5.70m | - |
| Long Jump | 8.10m | - |
| Triple Jump | 16.95m | - |
| Shot Put | 20.00m | - |

Entry Standards - Women

| Event | Indoor | Outdoor |
|--------------------|------------------------------|-----------------------------------|
| 60 Metres | 7.37 | 11.25 (100m) |
| 400 Metres | 53.25 | 51.25 |
| 800 Metres | 2:04.00 | 2:00.00 |
| 1500 Metres | 4:15.00 or 4:32.00 (Mile) | 4:04.00 or 4:22.00 (Mile) |
| 3000 Metres | 9:03.00 | 8:38.00 or 15:02.00 (5000m) |
| 60 Metres Hurdles | 8.18 | 12.95 (100mH) |
| 4x400 Metres Relay | No standard | No standard |
| High Jump | 1.92m | - |
| Pole Vault | 4.40m | - |
| Long Jump | 6.60m | - |
| Triple Jump | 14.05m | - |
| Shot Put | 17.50m | - |

Entry Rules

- Each Member is entitled to enter up to three competitors in each event of the Championships, provided all have achieved the corresponding entry standard, but only two will be permitted to compete.
- For the Combined Events, eight (8) athletes will be invited by the IAAF in the Heptathlon and in the Pentathlon as follows:
 - the three best athletes from the 2009 Outdoor Lists (as at 31st December 2009) limited to a maximum of one per country and
 - the three best athletes from the 2010 Indoor Lists during (as at 22nd February 2010)
 - two athletes which may be invited at the discretion of the IAAFIn total no more than two male and two female athletes from any one Member will be invited.
- Upon refusals or cancellations, the invitations shall be extended to the next ranked athletes in the same lists respecting the above conditions.

Members whose athletes are invited as above will receive additional quota places accordingly.
- For the **Relays**, each Member Federation will be able to enter up to 6 athletes in each team.
- Members who have no male and/or no female qualified athletes whom they wish to enter in any event may enter one unqualified male athlete and/or one unqualified female athlete in one event except the Combined Events.
- The acceptance of unqualified entries in the Field Events is at the discretion of the Technical Delegates.
- **Youth athletes** (any athlete aged 16 or 17 years on 31 December in the year of the Competition) CANNOT be entered in the **Men's Shot Put**.
- **Athletes younger than 16 years** (on 31 December in the year of the competition), CANNOT be entered in any event.

Conditions

- Performances must be achieved during the **qualification period** of 1st January 2009 to 1st March 2010 (midnight Monaco time), except for the Combined Events (see above).
- Performances must be achieved during **competitions organised or authorised by the IAAF**, its Area Associations or its National Member Federations. Thus, results achieved at university or school competitions must be certified by the National Federation of the country in which the competition was organised.

- Performances must be achieved during an official competition organised in **conformity with IAAF Rules**.
- Performances achieved in **mixed events** between male and female participants, held completely in the Stadium, may be accepted under specific circumstances and conditions (see IAAF Rule 147).
- **Wind-assisted performances** will not be accepted.
- **Hand-timed performances** in 60m, 100m, 400m, 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.