

IPTT 2010 Provisional Standards

A Boys:

- 1600m - 4:45.84
- 3200m - 10:27.99
- 4x200 - 1:38.59
- 4x400 - 3:41.39
- TJ - 40-0

A Girls:

- 3200m - 12:59.99
- TJ - 32-0

AA Boys:

- 1600m - 4:37.34
- 3200m - 10:04.14
- PV - 12-6

AA Girls:

- PV - 9-0
- TJ - 34-0
- 4x400 - 4:20.99
- 1600m - 5:38.99
- 800m - 2:28.79
- 400m - 1:02.29