

## ALL NIGERIA 2016 ENTRY STANDARD

Men	Event	Women
10.75	100 Meters	11.80
21.55	200 Meters	24.50
48.50	400 Meters	55.00
1:55.00	800 Meters	2:10.00
3:55.00	1500 Meters	4:35.00
No Standard	5000 Meters	No Standard
No Standard	10,000 Meters	No Standard
No Standard	Marathon	No Standard
No Standard	3000 Meters Steeplechase	-
14.65	110 Meters/100m Hurdles	14.50
52.50	400 Meters Hurdles	1:00.00
2.00m	High Jump	1.70m
4.50m	Pole Vault	3.00m
7.25m	Long Jump	5.65m
15.00m	Triple Jump	12.00m
15.00m	Shot Put	14.00m
45.00m	Discus Throw	40.00m
45.00m	Hammer Throw	40.00m
50.00m	Javelin Throw	40.00m
No Standard	Decathlon/Heptathlon	No Standard
No Standard	20 Kilometers Race Walk	No Standard
No Standard	4x100 Meters Relay	No Standard
No Standard	4x400 Meters Relay	No Standard

All performances must be achieved during the period **1st January, 2016 to 2nd July 2016**.

All performances must be achieved during an official competition organized in **conformity with IAAF Rules**