

**Dempsey Indoor 2013
Entry Standards
UW Invitational & Husky Classic**

We will confine fields on the track and in the field that allow us to contest the meet within the proposed time schedules. That may mean that we will take only a certain number of athletes in particular events. No entry at www.directathletics.com is guaranteed a spot in the meet.

Men

60m Dash: 6.90
200m Dash: 21.75
400m Dash: 48.60
800m Run: 1:52.40
Mile Run: 4:09.00
3000m Run: 8:17.00
5000m Run: 14:35.00
60m Hurdles: 8.25
4x400m Relay: 3:15.00
Long Jump: 23-03 (7.08m)
Triple Jump: 47-05 (14.45m)
High Jump: 6-07 (2.01m)
Pole Vault: 15'9" (4.80m)
Shot Put: 52-02 (15.90m)
Weight Throw: 56-04 (17.17m)
Heptathlon: 4575

Women

60m Dash: 7.60
200m Dash: 24.80
400m Dash: 56.50
800m Run: 2:12.50
Mile Run: 4:53.00
3000m Run: 9:45.00
5000m Run: 17:15.00
60m Hurdles: 8.75
4x400m Relay: 3:50.00
Long Jump: 18-06 (5.64m)
Triple Jump: 38-00 (11.58m)
High Jump: 5-07 (1.70m)
Pole Vault: 12-00 (3.66m)
Shot Put: 45-00 (13.74m)
Weight Throw: 50-00 (15.24m)
Pentathlon: 3245