

**Dempsey Indoor 2013
Entry Standards
UW Indoor Preview & NCAA Final Qualifier**

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. Each entry is at the discretion of the meet director.

Men

**60m Dash: 7.20
100m Dash: 11.10
200m Dash: 22.60
400m Dash: 50.70
600m Run: 1:25.00
800m Run: 1:56.00
Mile Run: 4:22.00
3000m Run: 8:35.00
60m Hurdles: 9.10
4x400m Relay: 3:20.00
Long Jump: 21-08 (6.60m)
Triple Jump: 45-00 (13.71m)
High Jump: 6-06 (1.98m)
Pole Vault: 14-08 (4.47m)
Shot Put: 45-00 (13.72m)
Weight Throw: 48-00 (14.63m)**

Women

**60m Dash: 8.25
100m Dash: 12.45
200m Dash: 26.10
400m Dash: 59.60
600m Run: 1:39.00
800m Run: 2:20.00
Mile Run: 5:15.00
3000m Run: 10:30.00
60m Hurdles: 9.75
4x400m Relay: 4:15.00
Long Jump: 17-00 (5.18m)
Triple Jump: 36-06 (11.13m)
High Jump: 5-03 (1.60m)
Pole Vault: 10-06 (3.20m)
Shot Put: 40-00 (12.19m)
Weight Throw: 47-06 (14.48m)**