

# XIX MÍTING INTERNACIONAL D'ATLETISME PALA FRUGELL-COSTA BRAVA

Estadi Municipal Josep Pla Arbonès, Saturday 29 th May 2010

## STANDARDS

### Men

	Enter standards	Invitation standards
100 m	no standards	10.50
400 m	49.74	47.00
1500 m	3:55.0	3:39.00
110/100 m hurdles	15.24	14.00
4 x 100 m	only invited teams	
4 x 400 m	only invited teams	
Long jump	7,00	7,70
discus	44,00	52,00

### Women

	Enter standards	Invitation standards
100 m	no standards	11.85
400 m	58.44	54.00
1500 m	4:42.0	4:19.00
100 m hurdles	15.24	13.95
4 x 100 m	only invited teams	
4 x 400 m	only invited teams	
High jump	1,65	1,78
Long jump	5,70	6,15
Discus	38,00	50,00