

Qualifying Standards for SEA Games 2007

MEN	2005 3rd Placing	SEA standard (Average 01,03,05)	SG Pre-Selected Squad - 2% of SEA standard
100M	10.57	10.54	10.75
200M	21.40	21.35	21.79
400M	47.25	47.17	48.13
800M	1:51.57	1:51.96	1:54.24
1500M	3:50.89	3:53.97	3:58.74
5000M	15:24.05	14:49.67	15:07.94
10,000M	30:45.45	30:31.03	31:08.46
3000M S/chase	9:13.27	9:05.10	9:16.28
110M Hurdles	14.22	14.26	14.55
400M Hurdles	51.61	51.90	52.96
4 x 100M Relay	40.59	40.66	41.49
4 x 400M Relay	3:23.27	3:15.95	3:19.95
20Km Walk	1:42:40.0	1:37:40	1:39:39
Marathon	2:32:25	2:29:20	2:32:23
High Jump	2.11m	2.11m	2.04m
Long Jump	7.54m	7.41m	7.19m
Triple Jump	15.75m	15.32m	14.86m
Pole Vault	4.60m	4.73m	4.60m
Shot Put	12.66m	15.22m	14.92m
Discus	51.31m	49.58m	48.49m
Javelin	65.80m	65.33m	64.02m
Hammer	52.74m	50.97m	49.95m
Decathlon	6884pts	6070pts	5948pts
WOMEN	2005 3rd Placing	SEA standard (Average 01,03,05)	SG Pre-selected Squad - 2% of SEA standard
100M	11.66	11.63	11.86
200M	23.97	23.82	24.31
400M	54.88	55.16	56.29
800M	2:04.60	2:10.57	2:13.24
1500M	4:22.39	4:25.59	4:31.05
5000M	16:43.82	16:32.42	16:52.76
10,000M	37:00.82	35:47.20	36:31.06
100M Hurdles	14.25	14.02	14.30
400M Hurdles	61.06	61.43	62.69
4 x 100M Relay	46.01	45.94	46.88
4 x 400M Relay	3:43.91	3:44.48	3:49.06
20Km Walk	1:53:53	---	---
Marathon	2:54:55	2:55:40	2:59:15
High Jump	1.83m	1.79m	1.73m
Long Jump	6.27m	6.20m	6.01m
Triple Jump	13.00m	13.15m	12.76m
Pole Vault	3.60m	3.60m	3.50m
Shot Put	14.15m	14.24m	13.96m
Discus	48.62m	47.70m	46.75m
Javelin	48.70m	49.05m	48.07m
Hammer	48.63m	47.88m	46.92m
Heptathlon	5231pts	4777pts	4681pts