

## STANDARDS

### USATF 1 Mile Indoor Nationals – Madison Square Gardens, 2009

Women (Competition conducted at 3,000m): 1500m – 7:25; 1mile – 7:55.00; 3,000m – 15:10.00  
Men (Competition conducted at 5,000m): 1500m – 6:30; 1mile – 7:00.00; 3,000m – 13:25.00

### USATF Indoor Nationals – Albuquerque, NM, 2009

Women (Competition conducted at 3,000m): 1mile – 7:30.00; 3,000m – 14:40.00  
Men (Competition conducted at 5,000m): 1mile – 6:30.00; 3,000m – 12:35.00 5,000m – 22:00.00

### USATF Outdoor Nationals – Des Moines, Iowa, 2009

#### Qualifying for Men's & Women's 20k

Women: 5k – 26:00, 10k – 54:00; 20k – 1:52:00  
Men: 5k – 23:30, 10k – 48:20, 20k – 1:39:50

*Cutoff to start last lap*  
1:50  
2:00

#### Qualifying for Junior Men's & Women's 10k

Jr Women: 3k – 16:30, 5k – 28:30, 10k – 59:45  
Jr Men: 3k – 15:00, 5k – 26:00, 10k – 55:00

### USATF Olympic Trials –2012

#### Qualifying period to begin 1 January, 2011

Women: 20k – 1:50:00  
Men: 20k – 1:36:00

#### Qualifying period to begin 1 January, 2010

Men: 50k – 4:45:00