

**NORWICH UNION TRIALS &
UK CHAMPIONSHIPS
9th & 10th FEBRUARY 2008
ENGLISH INSTITUTE OF SPORT, SHEFFIELD**

Please note athletes, who have/will achieve the qualifying standards as set out below, will be invited to compete in the above event and will be sent a letter of invitation at the appropriate time. The invitation letter will guide you through the entry procedure.

There are two entry standards – see below:

- ✦ Indoor standard to have been achieved either in the current or previous season.
- ✦ Outdoor standard to have been achieved since 1 January 2007.

The closing date of achieving the indoor standards is 3rd February 2008.

Please note that the Field standards are exactly the same, regardless of being achieved indoors or outdoors.

Event	Men		Women	
	Indoor	Outdoor	Indoor	Outdoor
Track				
60m/100m	6.90	10.75	7.85	12.00
200m	22.10	21.70	24.80	24.60
400m	48.80	48.20	57.00	56.00
800m	1:54.00	1:50.50	2:11.00	2:08.00
1500m	3:55.00	3:48.50	4:35.00	4:28.00
3000m	8:15.00	8:05.00	9:50.00	9:40.00
60m Hurdles/ 110m Hurdles (Men) 60m Hurdles/100m Hurdles (Women)	8.40	14.80	8.90	14.35
Field				
High Jump	2.11	2.11	1.75	1.75
Pole Vault	4.85	4.85	3.70	3.70
Long Jump	7.30	7.30	6.05	6.05
Triple Jump	15.15	15.15	12.45	12.45
Shot	15.60	15.60	13.30	13.30

For further information please contact Ian Hodge.

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