



Lathbury Sports Complex

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Championships of the Small States of Europe 2024

Qualifying Standards

Women		Men	
100m	12.47	100m	10.95
200m	25.46	200m	22.19
400m	58.16	400m	49.31
800m	2:15.62	800m	1:54.58
1500m	4:39.97	1500m	3:55.80
3000m SC	10:14.80	3000m SC	9:00.20
5000m	17:24.60	5000m	14:30.81
100mH	14.96	110mH	14.96
400mH	1:03.90	400mH	54:67
Long Jump	5,54	Long Jump	6,90
High Jump	1,70	High Jump	2,00
Shot Putt	12.80	Shot Putt	16.60
Discuss Throw	50.00	Discuss Throw	51.23

Swedish Relay (100m, 200m, 300m, 400m) - No entry standard

Top of the Rock Mountain Race approximately 5km