

Balkan Senior Championships
18 – 19 June 2022, Craiova, Romania

Entry Standards

MEN	EVENT	WOMEN
10.78	100m	11.80
21.50	200m	23.95
48.25	400m	55.50
1:51.00	800m	2:09.20
4:01.00	1500m	4:35.00
8:15.00	3000m	10:46.00
16:20.00	5000m	17:13.00
14.55	110m/100m Hurdles	13.40
55.50	400m Hurdles	1:00.40
9:29.00	3000m Steeplechase	11:00.00
NES	4x100m Relay	NES
NES	4x400m Relay	NES
2.05	High Jump	1.80
5.00	Pole Vault	3.40
7.35	Long Jump	6.10
14.25	Triple Jump	12.95
18.55	Shot Put	12.35
51.40	Discus Throw	43.95
62.80	Hammer Throw	51.75
68.20	Javelin Throw	44.90
NES	Decathlon / Heptathlon	NES