

5th Open European Athletics / International Championships IAADS

Tampere, Finland, 24th to 29th July 2019

Competition / Events

Minimum Standards

Event	Men	Women
100m	15.50	22.00
200m	34.20	50.00
400m	1.28.00	2.05.00
800m	3.40.00	open
1.500m	open	open
800m Walk Race	open	open
1.500m Walk Race	open	open
Long Jump	3.35m	2.20m
Shot Put (4kg M / 3kg F)	7.20m	4.70m
Discus (1kg M / 0.75 F)	15.20m	10.00m
Javelin (600gr M / 400gr F)	15.50m	10.00m
Triathlon (100m / Long Jump / Shot Put)	open	open
4 x 100m Relay	1 team per country	1 team per country
4 x 400m Relay	1 team per country	1 team per country