

**RIO 2016 – OLYMPIC GAMES
ENTRY STANDARDS**

WOMEN	Event	MEN
11.32	100m	10.16
23.20	200m	20.50
52.00	400m	45.40
2:01.00	800m	1:45.80
4:06.00	1500m	3:36.00
15:20.00	5000m	13:25.00
32:15.00	10,000m	28:00.00
2:42:00	Marathon	2:17:00
9:45.00	3000m SC	8:28.00
13.00	100mH/110m H	13.47
56.20	400m H	49.40
1.94	High Jump	2.29
4.50	Pole Vault	5.70
6.70	Long Jump	8.15
14.20	Triple Jump	16.90
17.80	Shot Put	20.50
61.00	Discus	66.00
71.00	Hammer	78.00
62.00	Javelin	83.00
6200	Heptathlon/Decathlon	8100
1:35:00	20km Race Walk	1:24:00
	50km Race Walk	4:03:00
Top 8 at IWR + 8 from Top Lists	4x100m	Top 8 at IWR + 8 from Top Lists
Top 8 at IWR + 8 from Top Lists	4x400m	Top 8 at IWR + 8 from Top Lists