



QUALIFICATION SYSTEM – GAMES OF THE XXXII OLYMPIAD – TOKYO 2020

I. ENTRY STANDARDS

The entry standards below were approved by IAAF Council in March 2019 in Doha.

Men	Event	Women
10.05	100m	11.15
20.24	200m	22.80
44.90	400m	51.35
1:45.20	800m	1:59.50
3:35.00	1500m	4:04.20
13:13.50	5000m	15:10.00
27:28.00	10,000m	31:25.00
13.32	110m Hurdles / 100m Hurdles	12.84
48.90	400m Hurdles	55.40
8:22.00	3000m Steeplechase	9:30.00
2.33	High Jump	1.96
5.80	Pole Vault	4.70
8.22	Long Jump	6.82
17.14	Triple Jump	14.32
21.10	Shot Put	18.50
66.00	Discus Throw	63.50
77.50	Hammer Throw	72.50
85.00	Javelin Throw	64.00
8350	Decathlon / Heptathlon	6420
1:21:00	20km Race Walk	1:31:00
3:50:00	50km Race Walk	
2:11:30	Marathon	2:29:30