

APPENDIX A
Entry standards

Men	Event	Women
10"54	100m	11"80
21"23	200m	24"00
47"18	400m	54"20
1'48"30	800m	2'07"05
3'43"70	1.500m	4'22"00
14'13"00	5.000m	16'50"00
30'19"00 / 14'13"00 (5 000m)	10.000m	37'00"00 / 16'50"00 (5 000m)
14"20	110m hurdles	13"74
52"00	400m hurdles	59"80
8'50"00	3.000 steeple	10'37"00
2m13	High Jump	1m80
5m15	Pole Vault	4m00
7m55	Long Jump	6m15
15m75	Triple Jump	12m90
18m00	Shot Put	14m00
52m00	Discus Throw	48m00
63m00	Hammer Throw	57m00
68m00	Javelin Throw	50m00
no entry standard	- Relay 4 x 100m -	no entry standard
no entry standard	- Relay 4 x 400 m -	no entry standard
44'00"00 / 1h28'00" (20km)	10.000m walk	50'00"00 / 1h44'00" (20km)

1. All performances must be achieved during the period **1 January 2017 to 27 May 2018**.
2. All performances must be achieved during an official competition organised in **conformity with IAAF Rules, and sanctioned by the IAAF**, its Area Associations or its Member Federations.
3. Performances achieved in **mixed events** (between male and female participants), held completely in the stadium, may be accepted under specific circumstances and conditions (see Rule 147).
4. **Wind assisted performances** (over 2m/sec) will not be accepted.
5. For the 100m, 200m, 400m, 110m/100m/400m Hurdles and 4x100m, only the performances achieved with an automatic timing system complying with the IAAF Rule 160 (§13 to 18) will be accepted.
6. **Indoor performances** will be accepted.
7. For the running events of 400m and over, performances achieved on **over-sized tracks** will not be accepted.
8. For the **walking event**, performances on road will be accepted.
9. For the 10,000m, the standards can be achieved on 5000m races. For the 10,000m walk the standards can be achieved on 10,000m track, 10km road, 20,000m track or 20km road.