

## APPENDIX A

Entry standards (amended feb-2018)

Men	Event	Women
10"54	<b>100m</b>	11"80
21"23	<b>200m</b>	24"00
47"18	<b>400m</b>	54"20
1'48"30	<b>800m</b>	2'07"05
3'43"70	<b>1.500m</b>	4'22"00
14'13"00 / 8'17"00 (3000m)	<b>5.000m</b>	16'50"00 / 9'45"00 (3000m)
30'19"00 / 14'13"00 (5000m)	<b>10.000m</b>	37'00"00 / 16'50"00 (5000m)
14"20	<b>110m hurdles</b>	13"74
52"00	<b>400m hurdles</b>	59"80
8'50"00	<b>3.000 steeple</b>	10'37"00
2m13	<b>High Jump</b>	1m80
5m15	<b>Pole Vault</b>	4m00
7m55	<b>Long Jump</b>	6m15
15m75	<b>Triple Jump</b>	12m90
18m00	<b>Shot Put</b>	14m00
52m00	<b>Discus Throw</b>	48m00
63m00	<b>Hammer Throw</b>	57m00
68m00	<b>Javelin Throw</b>	50m00
no entry standard	<b>- Relay 4 x 100m -</b>	no entry standard
no entry standard	<b>- Relay 4 x 400 m -</b>	no entry standard
44'00"00 / 1h28'00" (20km)	<b>10.000m walk</b>	50'00"00 / 1h44'00" (20km)

1. All performances must be achieved during the period **1 January 2017 to 3 June 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 5,000 and 10,000m, the standards can be achieved respectively on 3,000 and 5,000m races. For the 10,000m walk the standards can be achieved on 10,000m track, 10km road, 20,000m track or 20km road.