

# Games of the XXX Olympiad – London 2012

## ENTRY STANDARDS

*Approved by IAAF Council – Daegu, Korea – 11/12 April 2011*

Men		Event	Women	
A Standard	B Standard		A Standard	B Standard
10.18	10.24	100m	11.29	11.38
20.55	20.65	200m	23.10	23.30
45.25	45.70	400m	51.50	52.30
1:45.60	1:46.30	800m	1:59.90	2:01.30
3:35.50	3:38.00	1500m	4:06.00	4:08.90
13:20.00	13:27.00	5000m	15:15.00	15:25.00
27:45.00	28:05.00	10,000m	31:45.00	32:10.00
2:15:00	2:18:00	Marathon	2:37:00	2:43:00
8:23.10	8:32.00	3000m SC	9:43.00	9:48.00
13.52	13.60	110m H / 100m H	12.96	13.15
49.50	49.80	400m H	55.40	56.55
2.31	2.28	High Jump	1.95	1.92
5.72	5.60	Pole Vault	4.50	4.40
8.20	8.10	Long Jump	6.75	6.65
17.20	16.85	Triple Jump	14.30	14.10
20.50	20.00	Shot Put	18.35	17.30
65.00	63.00	Discus Throw	62.00	59.50
78.00	74.00	Hammer Throw	71.50	69.00
82.00	79.50	Javelin Throw	61.50	59.00
8200	7950	Decathlon / Heptathlon	6150	5950
1:22:30	1:24:30	20km Race Walk	1:33:30	1:38:00
3:59:00	4:09:00	50km Race Walk		
Top 16 teams		4x100m	Top 16 teams	
Top 16 teams		4x400m	Top 16 teams	

*Click here to read:*

**Entry Rules and Conditions - London 2012 [QUALIFICATION SYSTEM](#) (pdf)**

[Qualifying Marathons in 2011](#) (pdf)

[Qualifying Race Walks in 2011](#) (pdf)

[Timetable](#) (pdf)

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