2016 OLYMPIC GAMES
QUALIFICATION 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
2:29:50	Marathon	2:12:50
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
1:31:35	20km Race Walk	1:21:55
	50km Race Walk	3:54:20
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

EVENTS	QUALIFYING PERIOD
Marathon and 50k Race Walk*	January 1st 2015 – May 29th 2016
10,000m, 20k Race Walk and Combined Events	January 1st 2015 – July 3rd 2016 or July 10th 2016**
All Other Events	May 1st 2015 – July 3rd 2016 or July 10th 2016**

*For Marathon and Race Walk – Athletes enter selection pool with top 15 finish at 2015 IAAF World Champs, provided they meet IAAF Olympic standard during above qualifying period. Please click here for original IAAF Rio Standards.

** Qualifying Period ends on the last day of the 2016 Canadian Championships – This date is to be confirmed

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