



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