



Appendix 1: Minimum performance standards for results processed by World Athletics (from 1 January 2023)

**Men - Outdoor**

Event	Standard	Event	Standard
Men's 100m	11.40	Men's Shot Put	13.50
Men's 200m	23.00	Men's Shot Put (6kg)	13.50
Men's 300m	36.50	Men's Shot Put (5kg)	13.50
Men's 400m	51.50	Men's Discus Throw	42.00
Men's 500m	1:07.50	Men's Discus Throw (1,75kg)	42.00
Men's 600m	1:25.00	Men's Discus Throw (1,5kg)	42.00
Men's 800m	2:00.00	Men's Hammer Throw	50.00
Men's 1000m	2:35.00	Men's Hammer Throw (6kg)	50.00
Men's 1500m	4:08.00	Men's Hammer Throw (5kg)	50.00
Men's Mile	4:27.00	Men's Javelin Throw	54.00
Men's 2000m	5:40.00	Men's Javelin Throw (700gr)	54.00
Men's 3000m	8:55.00	Men's 3000m Race Walk	14:00.00
Men's 2 Miles	9:35.00	Men's 5000m Race Walk	23:30.00
Men's 5000m	15:20.00	Men's 5km Race Walk	23:30
Men's 10,000m	32:30.00	Men's 10,000m Race Walk	59:00.00
Men's 5 km	15:20	Men's 10km Race Walk	49:00
Men's 10 km	32:30	Men's 15,000m Race Walk	1:15:00.00
Men's 15 km	50:00	Men's 15km Race Walk	1:15:00
Men's 10 Miles	54:00	Men's 20,000m Race Walk	1:42:00.00
Men's 20 km	1:08:00	Men's 20km Race Walk	1:42:00
Men's Half Marathon	1:12:00	Men's 30,000m Race Walk	2:45:00.00
Men's Marathon	2:37:00	Men's 30km Race Walk	2:45:00
Men's 110mH	16.00	Men's 35,000m Race Walk	3:15:00.00
Men's 110mH (0.99)	16.00	Men's 35km Race Walk	3:15:00
Men's 110mH (0.91)	16.00	Men's 50km Race Walk	5:05:00
Men's 400mH	58.00	Men's Decathlon	5500
Men's 400mH (0.84)	58.00	Men's Decathlon - U20	5300
Men's 2000mSC	6:30.00	Men's Decathlon - U18	5100
Men's 2000mSC (0.84)	6:30.00	Men's 4x100m	42.50
Men's 3000mSC	10:00.00	Men's 4x200m	1:29.00
Men's High Jump	1.85	Men's Sprint Medley 1000m	2:02.00
Men's Pole Vault	4.20	Men's 4x400m	3:21.00
Men's Long Jump	6.30	Men's 4x800m	7:40.00
Men's Triple Jump	13.20	Men's 4x1500m	16:00.00

**Mixed - Outdoor**

Event	Standard
Mixed 4x400m	3:42.00



Women - Outdoor

Event	Standard	Event	Standard
Women's 100m	13.00	Women's Long Jump	5.00
Women's 200m	26.50	Women's Triple Jump	10.50
Women's 300m	43.00	Women's Shot Put	11.50
Women's 400m	1:01.00	Women's Shot Put (3kg)	11.50
Women's 500m	1:20.00	Women's Discus Throw	38.00
Women's 600m	1:41.00	Women's Hammer Throw	44.00
Women's 800m	2:22.00	Women's Hammer Throw (3kg)	44.00
Women's 1000m	3:05.00	Women's Javelin Throw	38.00
Women's 1500m	4:55.00	Women's Javelin Throw (500gr)	38.00
Women's Mile	5:17.00	Women's 3000m Race Walk	16:00.00
Women's 2000m	6:45.00	Women's 5000m Race Walk	27:30.00
Women's 3000m	10:40.00	Women's 5km Race Walk	27:30
Women's 2 Miles	11:30.00	Women's 10,000m Race Walk	57:00.00
Women's 5000m	18:30.00	Women's 10km Race Walk	57:00
Women's 10,000m	39:00.00	Women's 15,000m Race Walk	1:27:00.00
Women's 5km	18:30	Women's 15 km Race Walk	1:27:00
Women's 10km	39:00	Women's 20,000m Race Walk	1:57:00.00
Women's 15 km	1:00:00	Women's 20km Race Walk	1:57:00
Women's 10 Miles	1:05:00	Women's 30,000m Race Walk	3:05:00.00
Women's 20 km	1:22:00	Women's 30 km Race Walk	3:05:00
Women's Half Marathon	1:27:00	Women's 35,000m Race Walk	3:50:00.00
Women's Marathon	3:05:00	Women's 35km Race Walk	3:50:00
Women's 100mH	15.80	Women's 50km Race Walk	5:40:00
Women's 100mH (0.76/8.50)	15.80	Women's Heptathlon	4000
Women's 300mH	46.00	Women's Heptathlon - U18	3800
Women's 400mH	1:08.00	Women's 4x100m	48.50
Women's 2000mSC	7:45.00	Women's 4x200m	1:42.50
Women's 3000mSC	12:15.00	Women's Sprint Medley 1000m	2:23.00
Women's High Jump	1.55	Women's 4x400m	3:53.00
Women's Pole Vault	3.30	Women's 4x800m	9:15.00



## Men & Women - Indoor

Event	Standard	Event	Standard
Men's 50m indoor	6.35	Women's 50m indoor	7.15
Men's 55m indoor	6.85	Women's 55m indoor	7.75
Men's 60m indoor	7.30	Women's 60m indoor	8.30
Men's 200m indoor	23.50	Women's 200m indoor	27.00
Men's 300m indoor	37.00	Women's 300m indoor	43.50
Men's 400m indoor	52.50	Women's 400m indoor	1:01.50
Men's 500m indoor	1:08.50	Women's 500m indoor	1:21.00
Men's 600m indoor	1:26.00	Women's 600m indoor	1:42.00
Men's 800m indoor	2:01.00	Women's 800m indoor	2:24.00
Men's 1000m indoor	2:37.00	Women's 1000m indoor	3:07.00
Men's 1500m indoor	4:10.00	Women's 1500m indoor	4:57.00
Men's Mile indoor	4:30.00	Women's Mile indoor	5:21.00
Men's 2000m indoor	5:43.00	Women's 2000m indoor	6:48.00
Men's 3000m indoor	8:56.00	Women's 3000m indoor	10:45.00
Men's 2 Miles indoor	9:40.00	Women's 2 Miles indoor	11:35.00
Men's 5000m indoor	15:25.00	Women's 5000m indoor	18:35.00
Men's 50mH indoor	7.55	Women's 50mH indoor	8.15
Men's 55mH indoor	8.25	Women's 55mH indoor	8.90
Men's 60mH indoor	8.90	Women's 60mH indoor	9.60
Men's 60mH indoor (0.99)	8.90	Women's 60mH indoor (0.76)	9.60
Men's 60mH indoor (0.91)	8.90	Women's High Jump indoor	1.55
Men's High Jump indoor	1.85	Women's Pole Vault indoor	3.30
Men's Pole Vault indoor	4.20	Women's Long Jump indoor	5.00
Men's Long Jump indoor	6.30	Women's Triple Jump indoor	10.50
Men's Triple Jump indoor	13.20	Women's Shot Put indoor	11.50
Men's Shot Put indoor	13.50	Women's Shot Put indoor (3kg)	11.50
Men's Shot Put indoor (6kg)	13.50	Women's 3000m Race Walk indoor	16:00.00
Men's Shot Put indoor (5kg)	13.50	Women's Pentathlon indoor	3000
Men's 3000m Race Walk indoor	14:30.00	Women's Pentathlon indoor - U18	2800
Men's 5000m Race Walk indoor	24:30.00	Women's 4x200m indoor	1:45.00
Men's 10,000m Race Walk indoor	51:00.00	Women's 4x400m indoor	3:57.00
Men's Heptathlon indoor	4100	Women's 4x800m indoor	9:20.00
Men's Heptathlon – U20 indoor	4000		
Men's Heptathlon – U18 indoor	3800		
Men's 4x200m indoor	1:31.00		
Men's 4x400m indoor	3:26.00		
Men's 4x800m indoor	8:00.00		