

## 2012 Olympic Games Qualifying Standards

### Qualifying window:

Men's and Women's Marathon - January 1, 2011 - January 14, 2012. Marathon standards must be met on an [IAAF approved course](#).

Men's 50km Race Walk - January 1, 2011 - June 17, 2012. Race Walk standards must be met on an [IAAF approved course](#).

10,000m and Combined Events - January 1, 2011 - July 1, 2012 or the end of the athlete's individual event at the 2012 Olympic Team Trials - Track & Field, whichever comes first.

All Other Individual Track & Field Events - May 1, 2011 - July 1, 2012 or the end of the athlete's individual event at the 2012 Olympic Team Trials - Track & Field, whichever comes first.

Men	"A"	"B"	Women	"A"	"B"
100m	10.18	10.24	100m	11.29	11.38
200m	20.55	20.65	200m	23.10	23.30
400m	45.30	45.90	400m	51.55	52.35
800m	1:45.60	1:46.30	800m	1:59.90	2:01.30
1500m	3:35.50	3:38.00	1500m	4:06.00	4:08.90
5000m	13:20.00	13:27.00	5000m	15:20.00	15:30.00
10,000m	27:45.00	28:05.00	10,000m	31:45.00	32:10.00
Marathon	2:15:00	2:18:00	Marathon	2:37:00	2:43:00
3000m Steeplechase	8:23.10	8:32.00	3000m Steeplechase	9:43.00	9:48.00
110m Hurdles	13.52	13.60	100m Hurdles	12.96	13.15
400m Hurdles	49.50	49.80	400m Hurdles	55.50	56.65
High Jump	2.31 m	2.28 m	High Jump	1.95 m	1.92 m
Pole Vault	5.72 m	5.60 m	Pole Vault	4.50 m	4.40 m
Long Jump	8.20 m	8.10 m	Long Jump	6.75 m	6.65 m
Triple Jump	17.20 m	16.85 m	Triple Jump	14.30 m	14.10 m
Shot Put	20.50 m	20.00 m	Shot Put	18.30 m	17.20 m
Discus Throw	65.00 m	63.00 m	Discus Throw	62.00 m	59.50 m
Hammer Throw	78.00 m	74.00 m	Hammer Throw	71.50 m	69.00 m
Javelin Throw	82.00 m	79.50 m	Javelin Throw	61.00 m	59.00 m
Decathlon	8,200 pts.	7,950 pts.	Heptathlon	6,150 pts.	5,950 pts.
20 km Race Walk	1:22:30	1:24:30	20 km Race Walk	1:33:30	1:38:00
50 km Race Walk	3:59:00	4:09:00			
4x100m	Top 16 teams	4x100m	Top 16 teams		
4x400m	Top 16 teams	4x400m	Top 16 teams		

*Amendments highlighted in red were made by the IAAF in November 2011.*

For more information, please visit

<http://www.usatf.org/events/2012/OlympicGames/>.