



I. ENTRY STANDARDS

The entry standards below have been approved by World Athletics Council in November 2022.

Men	Event	Women
10.00	100m	11.07
20.16	200m	22.57
45.00	400m	50.95
1:44.70	800m	1:59.30
3:33.50 (3:50.40)	1500m (Mile)	4:02.50 (4:20.90)
13:05.00	5000m	14:52.00
27:00.00	10,000m	30:40.00
13.27	110m Hurdles / 100m Hurdles	12.77
48.70	400m Hurdles	54.85
8:15.00	3000m Steeplechase	9:23.00
2.33	High Jump	1.97
5.82	Pole Vault	4.73
8.27	Long Jump	6.86
17.22	Triple Jump	14.55
21.50	Shot Put	18.80
67.20	Discus Throw	64.50
78.20	Hammer Throw	74.00
85.50	Javelin Throw	64.00
8,460	Decathlon / Heptathlon	6,480
1:20:10	20km Race Walk	1:29:20
2:08:10	Marathon	2:26:50

World Athletics Indoor Championships Glasgow 24

Qualification System and Entry Standards



ENTRY STANDARDS AND CONDITIONS

The Entry Standards were approved by the Council in March 2023 and are as follows:

WOMEN		Event	MEN	
Indoor	Outdoor		Indoor	Outdoor
7.19	11.05	60m	6.58	10.00
51.60	50.50	400m	45.90	44.80
2:00.80	1:58.00	800m	1:46.00	1:44.00
4:06.50 (4:26.00)	4:00.00 (4:18.00)	1500m	3:36.00 (3:53.50)	3:32.00 (3:48.80)
8:37.00	8:27.00 (14:32.00)	3000m	7:34.00	7:29.00 (12:50.00)
8.02	12.80	60m H	7.62	13.28
	1.98	HJ		2.34
	4.80	PV		5.90
	6.89	LJ		8.28
	14.62	TJ		17.25
	19.30	SP		21.70

CONDITIONS FOR THE VALIDITY OF PERFORMANCES:

- For the Entry Standards, performances must be achieved during the qualification period of 1 January 2023 to 18 February 2024, except for the Combined Events
- Performances must be achieved in a competition conducted according to **World Athletics Competition and Technical Rules**, or **authorised by World Athletics**, its Area Associations or its National Member Federations, and published on the World Athletics Global Calendar: <https://www.worldathletics.org/competition/calendar-results>.
- Performances achieved in **mixed competitions in track events** will not be accepted. Exceptionally, in accordance with Rule 9 of the Technical Rules, performances achieved in the 5000m event may be accepted in circumstances where there were insufficient athletes of one or both genders competing to justify the conduct of separate races and there was no pacing or assistance given by an athlete(s) of one gender to an athlete(s) of the other gender under specific circumstances and conditions (see TR9).
- **Wind-assisted performances** will not be accepted.
- **Hand-timed performances** in 60m, 100m, 400m, 800m, 60m Hurdles, and 100m/110m Hurdles will not be accepted.
- For the running events of 400m and over, performances achieved on **oversized indoor tracks** will be accepted towards the outdoor standards and world rankings.