## Olympic Games Qualifying Standards

(compiled for Track \& Field News by Bill Mallon, with help from Richard Hymans \& Dave Johnson)

| Event | Gender | 1960 | 1964 | 1968 | 1972 | 1976 | 1980 | 1984 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 100 metres | M | 10.4/9.5y | 10.4/9.5y | 10.3 | 10.3/9.4y | 10.44/10.2h | 10.44/10.2h | 10.44/10.2h |
| 200 metres | M | 21.3/21.4y | 21.0/21.1y | 21.0 | 20.9/21.0y | 21.04/20.8h | 21.04/20.8h | 20.94/20.7h |
| 400 metres | M | 47.3/47.6y | 47.0/47.3y | 46.8 | 46.4/46.7y | 46.54/46.4h | 46.54/46.4h | 46.34/46.2h |
| 800 metres | M | 1:49.8/1:49.2y | 1:48.8/1:49.4y | 1:48.0 | 1:47.6/1:48.3y | 1:47.4 | 1:47.4 | 1:47.00 |
| 1,500 metres | M | 3:45.0/4:02.0y | 3:43.5/4:01.5y | 3:42.0 | 3:41.6/3:59.6y | 3:40.6 | 3:40.0 | 3:39.00 |
| 5,000 metres | M | 14:10.0/13:45.0y | 14:02.0/13:34.0y | 13:50.0 | 13:48.0/13:21.0y | 13:40.0 | 13:35.0 | 13:35.00 |
| 10,000 metres | M | 29:40.0/28:45.0y | 29:25.0/28:30.0y | 29:00.0 | 28:50.0/27:55.0y | 28:40.0 | 28:30.0 | 28:25.00 |
| Marathon | M | --- | --- | --- | --- | --- | --- | --- |
| 110 metre hurdles | M | 14.4 | 14.2/14.2y | 14.1 | 14.0/14.0y | 14.04/13.8h | 14.04/13.8h | 14.04/13.8h |
| 400 metre hurdles | M | 52.2/52.5y | 51.8/52.1y | 51.0 | 50.6/50.9y | 50.64/50.5h | 50.64/50.5h | 50.54/50.4h |
| 3,000 metre steeplechase | M | 8:55.0 | 8:46.0 | 8:45.0 | 8:38.00 | 8:32.0 | 8:35.0 | 8:30.00 |
| $4 \times 100$ metre relay | M | --- | --- | --- | --- | --- | --- | --- |
| $4 \times 400$ metre relay | M | --- | --- | --- | --- | --- | --- | --- |
| 20 km walk | M | --- | --- | --- | --- | --- | --- | --- |
| 50 km walk | M | --- | --- | --- | --- | --- | --- | --- |
| High Jump | M | 2.05/6-83/4 | 2.06/6-91/4 | 2.09 | 2.15 | 2.18 | 2.18 | 2.22 |
| Pole Vault | M | 4.40/14-51/4 | 4.60/15-11/4 | 4.80 | 5.10 | 5.20 | 5.25 | 5.35 |
| Long Jump | M | 7.50/24-71/4 | 7.60/24-111/4 | 7.60 | 7.80 | 7.80 | 7.80 | 7.80 |
| Triple Jump | M | 15.60/51-2 | 15.80/51-101/4 | 16.00 | 16.20 | 16.40 | 16.45 | 16.45 |
| Shot Put | M | 17.00/55-91/4 | 17.80/58-5 | 18.40 | 19.00 | 19.40 | 19.40 | 19.40 |
| Discus Throw | M | 53.00/173-10½ | 55.00/180-51/2 | 57.00 | 59.00 | 60.00 | 60.00 | 61.00 |
| Hammer Throw | M | 62.00/203-5 | 63.00/206-81/2 | 64.00 | 66.00 | 69.00 | 70.00 | 71.00 |
| Javelin Throw | M | 76.80/251-0 | 77.00/252-73/4 | 77.00 | 80.00 | 80.00 | 81.00 | 82.00 |
| Decathlon | M | 6,750 | 7,000 | 7,200 | 7,600 | 7,650 | 7,450 | 7,600/7,700h |
| 100 metres | F | 11.8/10.9y | 11.7/10.8y | 11.6 | 11.5 | 11.64/11.4h | 11.54/11.3h | 11.54/11.3h |
| 200 metres | F | 24.3/24.5y | 24.2/24.4y | 24.0 | 23.6/23.7y | 23.74/23.5h | 23.64/23.4h | 23.64/23.4h |
| 400 metres | F | --- | 55.5/55.9y | 55.0 | 54.0/54.3y | 53.64/53.5h | 52.74/52.6h | 52.74/52.6h |
| 800 metres | F | 2:12.0/2:13.0y | 2:08.0/2:09.0y | 2:06.0 | 2:05.0/2:05.8y | 2:04.0 | 2:02.8 | 2:02.00 |
| 1,500 metres | F | --- | --- | --- | 4:02.0 | 4:15.0 | 4:10.0 | 4:09.00 |
| 3,000/5,000 metres | F | --- | --- | --- | --- | --- | --- | 9:05.00 |
| 10,000 metres | F | --- | --- | --- | --- | --- | --- | --- |
| Marathon | F | --- | --- | --- | --- | --- | --- | --- |
| 80/100 metre hurdles | F | 11.2 | 11.0 | 10.8 | 13.5 | 13.64/13.4h | 13.64/13.4h | 13.64/13.4h |
| 400 metre hurdles | F | --- | --- | --- | --- | --- | --- | 58.64/58.5h |
| 3,000 metre steeplechase | F | --- | --- | --- | --- | --- | --- | --- |


| $4 \times 100$ metre relay | F | --- | --- | --- | --- | --- | --- | --- |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $4 \times 400$ metre relay | F | --- | --- | --- | --- | --- | --- | --- |
| 20 km walk | F | --- | --- | --- | --- | --- | --- | --- |
| High Jump | F | 1.67/5-53/4 | 1.70/5-7 | 1.71 | 1.76 | 1.82 | 1.86 | 1.86 |
| Pole Vault | F | --- | --- | --- | --- | --- | --- | --- |
| Long Jump | F | 5.90/19-41/4 | 6.00/19-81/4 | 6.25 | 6.30 | 6.35 | 6.40 | 6.45 |
| Triple Jump | F | --- | --- | --- | --- | --- | --- | --- |
| Shot Put | F | 14.60/47-101/4 | 15.00/49-21/2 | 16.00 | 16.20 | 16.60 | 16.60 | 16.80 |
| Discus Throw | F | 48.00/157-6 | 50.00/164-01/2 | 52.00 | 55.00 | 56.00 | 56.00 | 57.00 |
| Hammer Throw | F | --- | --- | --- | --- | --- | --- | --- |
| Javelin Throw | F | 49.00/160-91/2 | 51.00/167-41/2 | 53.00 | 54.00 | 55.00 | 55.00 | 56.00 |
| Pent/Heptathlon | F | --- | 4,500 | 4,600 | 4,200 | 4,300 | 4,260/4,300h | 5,700/5,750h |


| Event | Gender | 1988 | 1992 | 1996 - A/B | 2000-A/B | 2004 - A/B | 2008 - A/B | 2012 - A/B |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 100 metres | M | 10.44/10.2h | 10.30/10.1h | 10.34/10.1h-10.54/10.3h | 10.27/10.40 | 10.21/10.28 | 10.21/10.28 | 10.18/10.24 |
| 200 metres | M | 20..84/20.6h | 20.80/20.6h | 20.84/20.6h-21.04/20.8h | 20.70/20.90 | 20.59/20.75 | 20.59/20.75 | 20.55/20.65 |
| 400 metres | M | 46.14/46.0h | 45.90/45.8h | 45.84/45.7h-46.44/46.3h | 45.80/46.20 | 45.55/45.95 | 45.55/45.95 | 45.30/45.90 |
| 800 metres | M | 1:47.8 | 1:46.20 | 1:46.50/1:47.50 | 1:46.30/1:47.20 | 1:46.00/1:47.00 | 1:46.00/1:47.00 | 1:45.60/1:46.30 |
| 1,500 metres | M | 3:38.5 | 3:37.00 | 3:38.00/3:40.50 | 3:36.80/3:39.50 | 3:36.20/3:38.00 | 3:36.60/3:39.00 | 3:35.50/3:38.00 |
| 5,000 metres | M | 13:33.0 | 13:27.30 | 13:29.00/13:38.00 | 13:29.00/13:34.00 | 13:21.50/13:25.40 | 13:21.50/13:28.00 | 13:20.00/13:27.00 |
| 10,000 metres | M | 28:20.0 | 28:07.00 | 28:10.00/28:30.00 | 28:10.00/28:28.00 | 27:49.00/28:06.00 | 27:50.00/28:10.00 | 27:45.00/28:05.00 |
| Marathon | M | --- | 2-14:00 | 2-16:00/2-25:00 | 2-14:00/2-20:00 | 2-15:00/2-18:00 | 2-15:00/2-18:00 | 2-15:00/2-18:00 |
| 110 metre hurdles | M | 13.94/13.7h | 13.80/13.6h | 13.84/13.6h-14.14/13.9h | 13.70/13.85 | 13.55/13.72 | 13.55/13.72 | 13.52/13.60 |
| 400 metre hurdles | M | 50.24/50.1 h | 50.00/49.9h | 50.04/49.9h-50.54/50.4h | 49.90/50.20 | 49.20/49.50 | 49.2/49.5 | 49.50/49.80 |
| 3,000 metre steeplechase | M | 8:28.0 | 8:29.00 | 8:30.00/8:35.00 | 8:27.00/8:30.70 | 8:24.60/8:32.00 | 8:24.60/8:32.00 | 8:23.10/8:32.00 |
| $4 \times 100$ metre relay | M | --- | 40.30 | --- | --- | top 16 teams | top 16 teams | top 16 teams |
| $4 \times 400$ metre relay | M | --- | 3:10.00 | --- | --- | top 16 teams | top 16 teams | top 16 teams |
| 20 km walk | M | --- | 1-24.00 | 1-23:30/1-26:00 | --- | --- | 1-23:00/1-24:30 | 1-22:30/1-24:30 |
| 50 km walk | M | --- | 4-05:00 | 4-00:00/4-10:00 | --- | --- | 4-00:00/4-07:00 | 3-59:00/4-09:00 |
| High Jump | M | 2.25 | 2.28 | 2.27/2.23 | 2.28/2.25 | 2.30/2.27 | 2.30/2.27 | 2.31/2.28 |
| Pole Vault | M | 5.45 | 5.50 | 5/60/5.40 | 5.60/5.45 | 5.65/5.55 | 5.70/5.55 | 5.72/5.60 |
| Long Jump | M | 7.85 | 8.00 | 8.00/7.90 | 8.05/7.95 | 8.19/8.05 | 8.20/8.05 | 8.20/8.10 |
| Triple Jump | M | 16.60 | 16.85 | 16.85/16.50 | 16.85/16.65 | 16.95/16.55 | 17.10/16.80 | 17.20/16.85 |
| Shot Put | M | 19.50 | 19.85 | 19.50/19.00 | 19.70/19.30 | 20.30/20.00 | 20.30/19.80 | 20.50/20.00 |
| Discus Throw | M | 61.50 | 63.20 | 62.00/60.00 | 63.50/62.00 | 64.00/62.55 | 64.50/62.50 | 65.00/63.00 |
| Hammer Throw | M | 72.00 | 74.50 | 74.00/70.00 | 75.50/72.20 | 78.65/74.35 | 78.50/74.00 | 78.00/74.00 |
| Javelin Throw | M | 76.00 | 80.00 | 80.00/75.00 | 82.00/77.50 | 81.80/77.80 | 81.80/77.80 | 82.00/79.50 |
| Decathlon | M | 7,600/7,700h | 7,850 | 7,950/7,700 | 8,050/7,800 | 8,000/7,700 | 8,000/7,700 | 8,200/7,950 |
| 100 metres | F | 11.54/11.3h | 11.40/11.2h | 11.44/11.2h-11/64/11.4h | 11.40/11.60 | 11.30/11.40 | 11.32/11.42 | 11.29/11.38 |


| 200 metres | F | 23.64/23.4h | 23.20/23.0h | 23.24/23.0h-23.54/23.3h | 23.20/23.50 | 22.97/23.13 | 23.00/23.20 | 23.10/23.30 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 400 metres | F | 52.74/52.6h | 52.00/51.9h | 52.34/52.2h-53.34/53.2h | 52.20/53.20 | 51.50/52.30 | 51.55/52.35 | 51.55/52.35 |
| 800 metres | F | 2:01.5 | 2:01.30 | 2:01.00/2:03.00 | 2:00.50/2:02.50 | 2:00.00/2:01.30 | 2:00.00/2:01.30 | 1:59.90/2:01.30 |
| 1,500 metres | F | 4:09.0 | 4:10.20 | 4:10.00/4:14.00 | 4:08.00/4:12.00 | 4:05.80/4:07.15 | 4:07.00/4:08.00 | 4:06.00/4:08.90 |
| 3,000/5,000 metres | F | 9:03.0 | 8:56.00 | 15:45.00/16:05.00 | 15:35.00/15:55.00 | 15:08.70/15;20.45 | 15:09.00/15:24.00 | 15:20.00/15:30.00 |
| 10,000 metres | F | 33:00.0 | 32:50.00 | 32:30.00/33:20.00 | 32:30.0/33:20.00 | 31:45.00/32:17.00 | 31:45.00/32:20.00 | 31:45.00/32:10.00 |
| Marathon | F | --- | 2-35:00 | 2-35:00/2-50:00 | 2-33:00/2-45:00 | 2-37:00/2-42:00 | 2-37:00/2-42.00 | 2-37:00/2-43:00 |
| 80/100 metre hurdles | F | 13.44/13.2h | 13.30/13.1h | 13.14/12.9h-13.54/13.3h | 13.10/13.40 | 12.96/13.11 | 12.96/13.11 | 12.96/13.15 |
| 400 metre hurdles | F | 58.04/57.9h | 56.50/56.4h | 56.14/56.0h-57.14/57.0h | 56.14/57.14 | 55.60/56.25 | 55.60/56.50 | 55.50/56.65 |
| 3,000 metre steeplechase | F | --- | --- | --- | --- | --- | 9:46.00/9:55.00 | 9:43.00/9:48.00 |
| $4 \times 100$ metre relay | F | --- | 45.40 | --- | --- | top 16 teams | top 16 teams | top 16 teams |
| $4 \times 400$ metre relay | F | --- | 3:38.00 | --- | --- | top 16 teams | top 16 teams | top 16 teams |
| 20 km walk | F | --- | 48:00 | 45:30/48:00 | --- | --- | 1-33:30/1-38:00 | 1-33:30/1-38:00 |
| High Jump | F | 1.88 | 1.92 | 1.92/1.87 | 1.93/1.88 | 1.95/1.91 | 1.95/1.91 | 1.95/1.92 |
| Pole Vault | F | --- | --- | --- | 4.30/4.20 | 4.40/4.25 | 4.45/4.30 | 4.50/4.40 |
| Long Jump | F | 6.50 | 6.55 | 6.55/6.40 | 6.65/6.50 | 6.70/6.55 | 6.72/6.60 | 6.75/6.65 |
| Triple Jump | F | --- | --- | 13.75/13.50 | 14.15/13.95 | 14.20/14.00 | 14.20/14.00 | 14.30/14.10 |
| Shot Put | F | 16.90 | 17.40 | 18.00/17.10 | 18.30/17.95 | 18.55/17.15 | 18.35/17.20 | 18.30/17.20 |
| Discus Throw | F | 57.50 | 59.00 | 60.00/57.00 | 61.00/58.00 | 61.00/57.70 | 61.00/59.00 | 62.00/59.50 |
| Hammer Throw | F | --- | --- | --- | 65.00/63.50 | 67.50/64.00 | 69.50/67.00 | 71.50/69.00 |
| Javelin Throw | F | 56.50 | 61.40 | 60.00/57.00 | 60.00/57.00 | 60.50/56.00 | 60.50/56.00 | 61.00/59.00 |
| Pent/Heptathlon | F | 5,700/5,750h | 5,950 | 6,000/5,700 | 6,000/5,750 | 6,050/5,900 | 6,000/5,800 | 6,150/5,950 |


| Year | Notes |
| :---: | :---: |
| 1960 | 1 athlete from each nation allowed in each event, 2nd or 3rd qualifier must meet qualifying standard |
| 1964 | 1 athlete from each nation allowed in each event, 2nd or 3rd qualifier must meet qualifying standard |
| 1968 | 1 athlete from each nation allowed in each event, 2nd or 3rd qualifier must meet qualifying standard |
| 1972 | 1 athlete from each nation allowed in each event, 2nd or 3rd qualifier must meet qualifying standard |
| 1976 | 1 athlete from each nation allowed in each event, 2nd or 3rd qualifier must meet qualifying standard |
| 1980 | 1 athlete from each nation allowed in each event, 2nd or 3rd qualifier must meet qualifying standard |
| 1984 | 1 athlete from each nation allowed in each event, 2nd or 3rd qualifier must meet qualifying standard |
| 1988 | 1 athlete from each nation allowed in each event, 2nd or 3rd qualifier must meet qualifying standard |
| 1992 | 1 athlete from each nation allowed in each event, 2nd or 3rd qualifier must meet qualifying standard |
| 1996 | 1 athlete from each nation in each event, if making B standard. Up to 3 athletes allowed per nation in each event, if making A standard. |
| 2000 | 1 athlete from each nation in each event, if making B standard. Up to 3 athletes allowed per nation in each event, if making A standard. |
| 2004 | 1 athlete from each nation in each event, if making B standard. Up to 3 athletes allowed per nation in each event, if making A standard. |
| 2008 | 1 athlete from each nation in each event, if making B standard. Up to 3 athletes allowed per nation in each event, if making A standard. |
| 2012 | 1 athlete from each nation in each event, if making B standard. Up to 3 athletes allowed per nation in each event, if making A standard. |

