

14th IAAF World Championships
Moscow, Russia - 10 - 18 August 2013

Entry Standards

Men		Event	Women	
A Standard	B Standard		A Standard	B Standard
10.15	10.21	100M	11.28	11.36
20.52	20.60	200M	23.05	23.30
45.28	45.60	400M	51.55	52.35
1:45.30	1:46.20	800M	2:00.00	2:01.50
3:35.00	3:37.0	1500M	4:05.50	4:09.00
13:15.00	13:20.00	5000M	15:18.00	15:24.00
27:40.00	28:05.00	10 000M	31:45:00	32:05:00
2:17:00		Marathon	2:43.00	
8:26.00	8:23.00	3000M S/C	9:43.00	9:48.00
13.40	13.50	110M H / 100M H	12.94	13.10
49.40	49.60	400M H	55.40	56.55
2m31	2m28	High Jump	1m95	1m92
8m25	8m10	Long Jump	6m75	6m65
17m20	16m85	Triple Jump	14m40	14m20
5m70	5m60	Pole Vault	4m60	4m50
20m60	20m10	Shot Put	18m30	17m20
66m00	64m00	Discus Throw	62m00	59m50
79m00	76m00	Hammer Throw	72m00	69m50
83m50	81m00	Javelin Throw	62m00	60m00
8200pts	8000pts	Decathlon / Heptathlon	6100pts	5950pts
1:24:00	1:26:00	20km Race Walk	1:36:00	1:38:00
4:02:00	4:16:00	50km Race Walk		
39.20		4 x 100M	44.00	
3:05.00		4 X 400M	3:33:00	