

Minimum Performances for Ranking Purposes

2024 Year

Event	Men		Women	
100m	11.50		13.15	
200m	23.50		26.80	
400m	52.50		60.00	
800m	2:01.00		2:23.00	
1000m	2:50.00		3:10.00	
1500m	4:08.00		4:55.00	
Mile	4:40.00		5:30.00	
2000m	5:50.00		6:45.00	
3000m	9:10.00		11:00.00	
5000m	15:55.00		18:40.00	
10000m	34:00.00		39:00.00	
10km	34:00		39:00	
15km	57:00		60:00	
20km	1:13:00		1:23:00	
Half Marathon	1:17:00		1:30:00	
25km	No minimum		No minimum	
30km	No minimum		No minimum	
Marathon	2:50:00		3:10:00	
2000m St	6:40.00		8.00.00	
3000m St	10.30.00		11.45.00	
100m Hurdles	X		16.40	
110m Hurdles	16.80		X	
300m Hurdles	45.00		50.00	
400m Hurdles	60.00		70.00	
High Jump	1.80		1.58	
Pole Vault	3.20		2.95	
Long Jump	6.15		5.00	
Triple Jump	12.50		10.00	
Shot Put	12.00		10.00	
Discus Throw	33.00		33.00	
Hammer Throw	30.00		30.00	
Javelin Throw	40.00		30.00	
Decathlon	4200 pts		X	
Heptathlon	X		3000 pts	
3000m Walk	17:00.00		18:30.00	
5000m Walk	28:20.00		31:00.00	
10km Walk	1:00:00		1:10:00	
20km Walk	1:58:00		2:22:00	
50km Walk	5:50:00		X	
4 x 100m Relay	45.00		52.00	
4 x 400m Relay	3:35.00		4:12.00	