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## IAAF WORLD INDOOR CHAMPIONSHIPS

Nanjing (CHN), 13-15 March 2020

### ENTRY RULES AND STANDARDS

#### ENTRY RULES

- **Running Events** (except the Relays)
  - Each Member is entitled to enter up to three athletes in each event of the Championships, provided all have achieved the corresponding Entry Standard.
  - Entries in running events will be determined by a combination of entry standards and performance lists.
  - A maximum of two athletes from any Member Federation may compete in each event.
  - Women's **3000m** event shall be held as straight Final
- **Field Events**
  - In the **High Jump** and **Pole Vault**, the events shall be held as straight Finals with twelve athletes starting in each event. The Entries will be determined by a combination of Entry Standards and Ranking.
  - In the **Long Jump, Triple Jump and Shot Put**, events shall be held as straight Finals with sixteen athletes starting in each event. Entries will be determined by a combination of entry standards and performance lists. The event shall be conducted as follows:
    - All athletes have three initial trials
    - The top eight athletes after three rounds of trials have two additional trials
    - The top four athletes after five rounds of trials have one last trial
  - In all cases, a maximum of two athletes from any one Member may compete in each event.
- **Combined Events**
  - Twelve athletes will be invited in the **Heptathlon** and in the **Pentathlon** as follows:
    - the winner of the 2019 Combined Events Challenge
    - the five best athletes from the 2019 Outdoor Lists (as at 31 December 2019), limited to a maximum of one per country
    - the five best athletes from the 2020 Indoor Lists (as at 24 February 2020)
    - one athlete which may be invited at the discretion of the IAAF
  - In total no more than two male and two female athletes from any one Member will be invited. Upon refusals or cancellations, the invitations shall be extended to the next ranked athletes in the same lists respecting the above conditions.
- For the **Relays**, there is no entry standard, and each Member Federation will be able to enter up to six athletes in each team.
- **World Indoor Tour:** The individual overall winner of each event will automatically qualify for the IAAF World Indoor Championships by Wild Card. The Member Federation of the IAAF World Indoor Tour winner will have the ultimate authority to enter the athlete or not, based on its own criteria or qualification system.
- **Unqualified Athletes**
  - Members who have **no male and/or no female qualified athletes** (whether eligible by Entry Standard or by subsequent ranking) in any event may enter one unqualified male athlete OR one unqualified female athlete in a running event (except the 800m). In exceptional cases, and as agreed by the Technical Delegates, entry of unqualified athletes in the 800m, Long Jump, Triple Jump or Shot Put may be accepted. Applications for such entries must be submitted to the IAAF ([events@iaaf.org](mailto:events@iaaf.org)) no later than 24 February 2020.

- If the **host country** does not have a qualified athlete in an event, it may enter one athlete in this event regardless of any Entry Standard (except the Combined Events). For the Field Events and 800m, the entry is at the discretion of the Technical Delegates.

- **Target number of athletes/teams by event**

The target number of athletes/teams by event will be as follows:

Events	Target Number
60m	56
400m	30
800m	18
1500m	18
3000m (Men's)	24
3000m (Women's) – straight final	15
60m hurdles	48
High Jump, Pole Vault	12
Long Jump, Triple Jump, Shot Put	16
Relays	12
Combined Events	12

- **Age Categories**

U20 Athletes: any athlete aged 18 or 19 years on 31 December 2020 (born in 2002 or 2001) may compete in any event.

U18 athletes: any athlete aged 16 or 17 years on 31 December 2020 (born in 2004 or 2003) may compete in any event except the Shot Put.

Athletes younger than 16 years on 31 December 2020 (born in 2005 or later) may not compete in any event.

## **ENTRY STANDARDS**

***Approved March 2019***

WOMEN			MEN	
Indoor	Outdoor	Event	Indoor	Outdoor
7.30	11.15 (100m)	<b>60m</b>	6.63	10.10 (100m)
52.90	51.00	<b>400m</b>	46.50	45.00
2:01.50	1:58.00	<b>800m</b>	1:46.70	1:44.00
4:09.00 / 4:28.50 (Mile)	4:02.00	<b>1500m</b>	3:40.00 3:55.00 (Mile)	3:33.00
8:49.00	8:30.00 / 14:50.00 (5000)	<b>3000m</b>	7:50.00	7:40.00 / 13:10.00 (5000m)
8.16	12.85 (100mH)	<b>60m H</b>	7.70	13.40 (110mH)
No Standard		<b>4x400 R</b>	No Standard	
1.95		<b>HJ</b>	2.34	
4.70		<b>PV</b>	5.80	
6.75		<b>LJ</b>	8.20	
14.30		<b>TJ</b>	16.90	
18.30		<b>SP</b>	20.95	

**CONDITIONS FOR THE VALIDITY OF PERFORMANCES:**

- Performances must be achieved during the **qualification period** of 1 January 2019 to 2 March 2020 (midnight Monaco time), except for the Combined Events (see above).
- Performances must be achieved during **competitions organised or authorised by the IAAF**, its Area Associations or its National Member Federations. Thus, results achieved at university or school competitions must be certified by the National Federation of the country in which the competition was organised.
- Performances must be achieved during an official competition organised in **conformity with IAAF Rules**.
- Performances achieved in **mixed competitions in track events** will not be accepted. Exceptionally, in accordance with IAAF Rule 147, 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 Rule 147).
- **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 tracks** will NOT be accepted