

QUALIFYING GUIDELINES FOR ASIAN GAMES 2023

MEN	EVENTS	WOMEN
10.19s	100M	11.42s
20.61s	200M	23.43s
46.17s	400M	52.96s
1:49.05s	800M	2:04.57s
3:47.84s	1500M	4:15.49s
14:00.00s	5000M	15.49.00s
29.30.00s	10000M	32.30.24s
8:35.40s	3000MSC	9:47.00s
13.57s	110MH	
	100 MH	13.63s
49.75s	400MH	57.48s
7.95m	LONG JUMP	6.45m
16.60m	TRIPLE JUMP	13.58m
5.40m	POLE VAULT	4.10m
2.24m	HIGH JUMP	1.80m
19.00m	SHOT PUT	16.30m
78.23m	JAVELIN THROW	56.46m
58.00m	DISCUS THROW	57.00m
71.10m	HAMMER THROW	62.03m
1:23.30h	20KM RW	1:35.00h
2:35.00h	35 KM RW	2:58.30h
7500pts	DECATHLON	
	HEPTATHLON	5654pts
2:15.00h	MARATHON	2:37.00h
39.00s	4X100 M RELAY	44.50s
3:03.97s	4X400 M RELAY	3:33.23s
3:17.50s	MIXED RELAY	3:17.50s