

QUALIFYING STANDARDS FOR ASIAN GAMES 2026

MEN	EVENTS	WOMEN
10.16s	100M	11.54s
20.88s	200M	23.70s
45.97s	400M	53.72s
1:48.80s	800M	2:05.21s
3:42.00s	1500M	4:19.45s
13:39.18s	5000M	15:36.58s
29:00.00s	10000M	33:50.00s
8:36.57s	3000M Steeple Chase	9:47.53s
13.63s	110M Hurdles	
	100 M Hurdles	13.34s
49.41s	400MH	57.21s
7.91m	Long Jump	6.48m
16.28m	Triple Jump	13.34m
5.45m	Pole Vault	4.10m
2.19m	High Jump	1.80m
19.41m	Shot Put	16.25m
77.87m	Javelin Throw	57.62m
60.13m	Discus Throw	55.48m
69.12m	Hammer Throw	61.72m
Will be announced later	21km Race Walk	Will be announced later
Will be announced later	Marathon Walk	Will be announced later
7250pts	Decathlon	
	Heptathlon	5605pts
2::15:04.00s	Marathon	2::31:52.00s
38.81s	4x100 M Relay	45.24s
3:04.23s	4x400 M Relay	3:31.23s
4x100 Mixed Relay	Will be announced later	
4x400 Mixed Relay	3:26.81s	