

ATHLETICS





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Events	
Men (24)	Women (24)
Track	
100m	100m
200m	200m
400m	400m
800m	800m
1,500m	1,500m
5,000m	5,000m
10,000m	10,000m
110m Hurdles	100m Hurdles
400m Hurdles	400m Hurdles
3,000m Steeplechase	3,000m Steeplechase
4x100m relay	4x100m relay
4x400m relay	4x400m relay
Jumps	
High Jump	High Jump
Long Jump	Long Jump
Triple Jump	Triple Jump
Pole Vault	Pole Vault
Throws	
Shot Put	Shot Put
Discus	Discus
Javelin	Javelin
Hammer	Hammer
Outside the Stadium	
20km Race Walk	20km Race Walk
50km Race Walk	50km Race Walk
Marathon	Marathon
Combined Events	
Decathlon	Heptathlon

According to the established quota by Panam Sports, the maximum number of competitors in the sport of Athletics, both male and female, will be 740.

Quota per Event		
Events	Men	Women
Track		
100m	24	24
200m	24	24
400m	18	18
800m	16	16
1,500m	14	14
5,000m	14	14
10,000m	14	14
100m Hurdles	-	-
110m Hurdles	16	16
400m Hurdles	16	16
3,000m Steeplechase	14	14
4x100m Relay	12	12
4x400m Relay	12	12
Jumps		
High Jump	14	14
Long Jump	16	16
Triple Jump	16	16
Pole Vault	14	14
Throws		
Shot Put	14	14
Discus	14	14
Javelin	14	14
Hammer	14	14
Outside the Stadium		
20km Race Walk	14	14
50km Race Walk	14	14
Marathon	18	18
Combined Events		
Decathlon	14	-
Heptathlon	-	14

Athlete Eligibility

Only the NOCs recognized by Panam Sports and their respective National Athletics Federations affiliated to the IAAF /APA, may register competitors in the Lima 2019 Pan American Games.

The NOCs can only enter athletes in the Lima 2019 Pan American Games that have qualified according to the qualification system that has been established by the IAAF and APA.

Male and female athletes that will compete in Marathon and the 50K Race Walking event must be at least 18 years old by the December 31st, 2019.

For the other events, the competitors must be at least 16 years old by the December 31st, 2019.

Qualification System

Each NOC will be able to enter a maximum of two (2) athletes in each individual event under the following conditions:

a) That they have placed first in the following competition and Games:

- South American Games – ODESUR – Cochabamba 2018;
- Central American and Caribbean Games – CACSO – Barranquilla 2018;
- The NACAC Senior (open) Championships – Toronto, 2018.

In the above case, it is not necessary that the athletes meet the minimum qualification mark; the decision to enter or not the athletes in these conditions corresponds to their respective NOC.

b) The Pan American Athletics Association (APA) will establish a maximum quota of competitors per individual event, who must have met the minimum qualifying mark listed below. This qualifying mark must have been obtained between January 1st, 2018 and midnight (Peru Time) of June 23rd, 2019.

c) At the end of the deadline indicated above, in cases where the number of athletes that have qualified is lower than the established quota per event, the Technical Delegate will invite other athletes until the quota is met, based on the Pan American Area rankings from January 1st thru June 23rd, 2019. The TD will then inform the respective NOCs of the athletes that have been invited.

For the 4x100 and 4x400 Relays of both genders, national teams will automatically qualify, based on the following regulation:

The teams should have finished in the top two places in the following Competitions and/or Games:

- South American Games – ODESUR – Cochabamba 2018;
- Central American and Caribbean Games – CACSO – Barranquilla 2018;
- NACAC Senior (Open) Championships – Toronto, 2018.

The Technical Delegate and APA will invite national teams until the quota of 12 teams per relay is completed, based on the Pan American Area rankings from January 1st thru June 23rd, 2019 and will inform the corresponding NOCs accordingly.

Each invited NOC may enter a maximum of 2 (two) competitors to participate only in the relay(s). The other four (4) members of each relay team, to complete the six (6) members of the 4x100 and 4x400 male and female relay(s) must be registered in an individual event.

The principles of universality, parity and equity will be observed.

As host country of the 2019 Pan American Games, Peru will automatically qualify one (1) athlete for each event for which it does not have any athlete already qualified.

The minimum qualifying marks are the following:

Minimum Qualifying Marks		
Events	Men	Women
Track		
100m	10.30	11.60
200m	20.60	23.40
400m	46.10	53.45
800m	1:48.80	2:04.00
1,500m	3:47.50	4:22.00
5,000m	14:10.00	16:48.00
10,000m	29:50.00	34:10.00
100m Hurdles	-	13:20
110m Hurdles	13.80	-
400m Hurdles	50.70	56.30
3,000m Steeplechase	8:55.00	10:15.00
4x100m relay	Por invitación	Por invitación
4x400m relay	Por invitación	Por invitación
Jumps		
High Jump	2.22m	1.80m
Pole Vault	5.20m	4.15m
Long Jump	7.90m	6.48m
Triple Jump	16.50m	13.60m
Throws		
Shot Put	18.50m	16.30m
Discus	60.00m	54.30m
Javelin	76.00m	53.00m
Hammer	68.00m	65.40m
Outside the Stadium		
20km Race Walk	1:25.00	1:37.00
50km Race Walk	4:15.00	4:55.00
Marathon	2:20.00	2:50.00
Combined Events		
Decathlon	7,300pts	-
Heptathlon	-	5,570pts

The fact that an athlete automatically obtains the minimum mark does not qualify him/her for the Lima 2019 Pan American Games. The athlete would only fulfill the mark that will be used as a base to achieve the quota established per event.

For all the results and marks to be validated and accepted they must comply with the following:

- The results and marks must be achieved during competitions organized or authorized by the IAAF, its Area Associations (NACAC/Consudatle) or member federations. Therefore, results and marks achieved in university and/or school competitions must be certified by the national federation of the country where the competition was held (See below regulations for the Marathon and Race Walking Events).



- b) The results or marks must be achieved in an official competition held under the current IAAF Rules.
- c) The results or marks achieved in mixed events (please refer to Rule 147 of the IAAF) will only be accepted under the following circumstances: For all field events and running events of 5,000m or more held inside the stadium, the results will be the following:
 - Results or marks achieved in national competitions will be accepted automatically.
 - They will be only accepted with the approval of the Area's Association and if they have been achieved in competitions held under Rule 1.1 (i) and (j) of the IAAF.
 - Results or marks will not be accepted if they have been achieved in competitions held under Rule 1.1 (a) and (h) of the IAAF.
 - Results achieved in competition outside the stadium (marathons and race walking events) will always be accepted, if the circuit or route has been certified by an IAAF Certified Measurer.
- d) No Wind Assisted results or marks will be accepted.
- e) Manually timed results achieved in the following events will not be accepted: 100m, 200m, 400m, 800m, 1,500m, 110m/100 m hurdles, 400m hurdles, and 4 x 100m y 4 x 400m relays.
- f) Field events results achieved in indoor tracks, as well as of 200m races or longer, will be accepted.
- g) No results in 200m races or longer achieved in oversized tracks (larger than 200m) will be accepted.
- h) Results and marks in Race Walking events of 20,000m and 50,000m achieved on the track will be accepted.

Marathons

Only marathons races that comply with the following criteria will be valid and accepted for participation:

- a) The route or circuit should be measured prior to the race by an international road race measurer with an A or B certification from the IAAF/AIMS.
- b) The measurement certification must have been established no more than five years before the race.

Marathons held in competitions organized under Rule 1.1 a), b), c), f) and g) of the IAAF will not be included in the list; however, the results and marks will be valid for achieving the minimum marks for participation.

Race Walking Events

Results and marks achieved in international race walking competitions under Rule 1.1 (a), (b), (c), (d), (l), (f), (g), or (j) of the IAAF will be valid and the minimum marks will be accepted for participation as long as the following conditions and criteria are always observed (when applicable):

- a) The circuit or route must have measured by and international measurer of routes events with an A or B certification approved by the IAAF/AIMS.
- b) There should be a minimum of three international race walking judges in the competition.

Confirmation of Quota Places

APA will confirm to Panam Sports and the NOCs the places they have qualified by June 24th, 2019.

The NOCs will confirm to APA the places they will use by June 26th, 2019.

Reallocation of Unused Quota Places

If necessary, APA will reallocate unused quota places to the next best positioned NOC that has not qualified yet.

This process will be completed by July 3rd, 2019.

NOCs must confirm the entries from the athletes included in the reallocation of quota places, by July 5th, 2019.

Timeline	
Date	Key Event
May 26 th – June 8 th , 2018	South American Games – ODESUR – Cochabamba 2018
July 29 th - August 3 rd , 2018	Central American and Caribbean Games – CACSO – Barranquilla 2018
August 10 th – 12 th , 2018	NACAC Senior (Open) Championships – Toronto, 2018
April 26 th , 2019	Lima 2019 entry by number deadline
June 24 th , 2019	APA will confirm to Panam Sports and the NOCs the places they have qualified
June 26 th , 2019	APA will reallocate unused quota places to the next best positioned NOC that has not qualified yet
July 3 rd , 2019	APA will reallocate unused quota places
July 5 th , 2019	NOCs must confirm the entries from the athletes included in the reallocation of quota places