

2020 Race Walk Standards – Revised 11/20/19

World Team Challenge – Team Selection Standards

May 2-3, 2020, Minsk, Belarus

	10K	20K	50K
Men:	N/A	1:26:00-A 1:32:00-B	4:20:00-A 4:35:00-B
Women:	N/A	1:37:00-A 1:43:30-B	4:35:00-A 5:05:00-B
Jr. Men:	47:30	N/A	N/A
Jr. Women:	53:15	N/A	N/A

A – Automatic qualifying time at the Trials B – Minimum time used to fill the team based on performance rank order obtained during the qualifying window.

- 50K Qualifying window – Jan. 1, 2018 to Jan. 25, 2020 - Santee, CA
- 20K and 10K qualifying standards – March 17, 2019 to March 29 2020 – Whiting, NJ

USATF Indoor Championships – Entry Standards

February 14-15, 2020, Albuquerque, NM

	3,000m	1 mile (equivalent)	5,000m (equivalent)
Men	12:45	6:25	22:00
Women	14:40	7:30	24:30

The qualifying “on time” window is November 15, 2019 to February 2, 2020.

The qualifying “late entry” window is February 3, 2020 – February 5, 2020.

Advance Travel Allocations are only paid to athletes with 3,000m top marks who enters/qualified “on time.”

USATF U-20 Outdoor Championships – Entry Standards

June 12-14, 2020 – Miramar, FL

Qualifier for U-20 Worlds, July 7-12, 2020, Kenya. And US vs Canada Dual Challenge

	10K	5k (equivalent)	3K
Men	55:15	26:00	N/A
Women	59:45	28:30	N/A

- The qualifying window is from: January 1, 2019 to the 2nd Sunday prior to the start of the Junior National Championship event June 12-14, 2020.

2020 Olympic Trials – Entry Standards

50k – January 25, 2020 – Santee, CA / 20k - June 28, 2020 – Springfield, OR

	20K	50K
Men	1:36:00	5:15:00
Women	1:48:00	

- Qualifying Window for 50K is January 1, 2018 to the 2nd Sunday prior to the 2020 Trials, January 12, 2020.
- Qualifying Window for 20K is January 1, 2019 to 2nd Sunday prior to the 2020 Trials, June 14, 2020.