ARTICLE IV
RECORDS

RULE 180
NATIONAL RECORDS

1. There shall be six (6) categories of national records as follows:

(a) An American Record, which shall be the best performance made by an American citizen or relay team composed entirely of U.S. citizens in an athletics event made within the United States or abroad.

(b) An American Junior Record, which shall be the best performance made by an American citizen or relay team composed entirely of U.S. citizens who are Juniors. (See Classifications preceding Rule 1.)

(c) An American Masters Record, which shall be the best performance made by an American citizen or relay team composed entirely of U.S. citizens. Separate records may be established for each of the age bands listed in Rule 250, and such records shall be kept separately for men and women.

(d) An All-Comers Record, which shall be the best performance made in the United States by any competitor or relay team.
NOTE: For American Records and All-Comers Records in Men's and Women's Track and Field and in Men's and Women's Race Walking, there shall also be American Indoor Records and All-Comers Indoor Records.

(e) A Masters All-Comers Record, which shall be the best performance made in the United States by any competitor or relay team in any Masters Division.

(f) An American Youth Athletics Record, which shall be the best performance made by an American citizen or relay team composed entirely of U.S. citizens in Youth Athletics meets sanctioned by USATF. The record application must include the athlete's current USATF membership number.

2. For all athletics meets there shall be included in the list of officials a Recorder of Records.
3. When a national record is to be claimed, the Association, club, or organization sponsoring or conducting the competition at which the performance was made shall take all necessary steps to have the record applied for, including:

(a) Completing and submitting the appropriate record application form. Track and field record applications (including race walking events on the track) should be sent to the National Records Chair or the appropriate sport committee Records Chair. Road record applications and all long distance record applications should be sent to the Road Running Information Center at 5522 Camino Cerralvo, Santa Barbara, CA 93111.

(b) All Masters and Youth Athletics record applications must be accompanied by proof of birth date. Acceptable forms of proof include a birth certificate, passport, certified baptismal record, driver's license, or US government identification or equivalent proof. Letters from civil, military, or academic officials are not sufficient. In Masters Athletics, the birth certificate must be certified and a driver's license is not acceptable.

4. When an Open or Junior Men's or Women's national track and field record has been equaled or bettered in a USA National Championship, Olympic Trials, or other meet conducted by USATF, or in the Olympic Games, IAAF World Championship, IAAF World Cup, or other meet conducted by the IAAF or sanctioned as a Grand Prix or Permit meet by the IAAF, that record may be ratified based on the official results of the meet without the need for a formal record application. However, an application and/or other appropriate documentation shall be required by the Records Committee whenever it has received information creating some reasonable doubt as to the correctness of the official result.

RULE 181
WORLD RECORDS

1. Under IAAF Rule 260, there are three (3) categories of world records, as follows:

(a) World Records
(b) World Junior Records
(c) World Indoor Records

2. When a World Record is claimed, the application blank must be completed without delay and forwarded to the National Office of USATF or to the Chair of the Records Committee. If, after due investigation, the Chair of the Records Committee is satisfied that no reasonable doubt exists as to the validity of the
record, the Chair shall so inform the Chief Executive Officer of USATF, who shall have the authority to endorse the application and forward the same to the IAAF. If there are grounds for reasonable doubt as to the validity of the record, the Records Chair shall so inform the Chief Executive Officer, and any communication to the IAAF shall disclose those grounds and shall advise that the application shall be reviewed and ruled upon at the next Annual Meeting of USATF.

3. The application must be accompanied by:

(a) The printed program of the meet,

(b) The complete results of the event,

(c) In case of a track record, the photo finish picture where fully automatic timekeeping was the official recorder of the event,

(d) In the case of a field event record, the complete results sheet,

(e) In the case of a women's record, a medical certificate as to sex drawn up by a qualified medical doctor,

(f) In the case of the first application on behalf of an athlete for a Junior record, an official document that confirms the date of birth (a copy of the athlete's passport or birth certificate),

(g) Newspaper clipping(s) reporting the record, and

(h) A videotape of the performance, if one is available.

NOTE: Except for the One Mile Run, World Records are recognized only in the metric track events listed in IAAF Rules 261, 262, and 264.

4. Each athlete who achieves a World Record shall submit to a doping control at the end of the event, in accordance with IAAF rules currently in force. The result of this test shall be presented by the laboratory to the IAAF to be added to other information required for the ratification of the record.

5. Where relevant, the requirements of World Masters Athletics (WMA) shall be complied with to assure appropriate ratification of records recognized by that organization.
RULE 182
RULES APPLICABLE TO ALL RECORDS

1. The Records Committee shall investigate every performance submitted for record approval and shall recommend approval or rejection to the appropriate sport committee.

2. No record shall be accepted unless it has first been approved by the appropriate sport committee. No application for a record shall be recommended for approval by the Records Committee unless the committee has received all pertinent required information, as called for by the application or by these rules.

3. Credit for Records:

   (a) No record shall be acceptable unless it is made in a bona fide scratch running competition, or a bona fide handicap or scratch competition in a field event, open to two or more clubs, schools, colleges, or other organizations, which has been fixed and advertised before the day of competition, and which is included in the printed program together with the names of the entrants for the events. At least three competitors, and in relays at least two teams, shall have participated in the event in which the record purportedly was established. In field events, a handicap competition may be combined with the scratch competition. In Men's and Women's Track and Field and Masters Track and Field, no record shall be acceptable unless it was made in an event that had been sanctioned by USATF, a member organization of USATF or another member Federation of the IAAF.

   (b) For track events over 10,000 meters and road events up to and including the Marathon, multiple events may be contested simultaneously. The athlete must complete the distance entered in order for any intermediate time to be considered as a record.

   (c) For races longer than the Marathon, an athlete may compete at a distance shorter than the stated race distance but longer than the Marathon distance. The athlete shall be eligible for records of any standard distance that is completed, even if the stated race distance is not completed. Similarly, a race director may offer several ultramarathon options within the same race with each being considered a bona fide scratch competition.

NOTE: In meets within allied members of USATF or other recognized organizations, marks made in competition open to two or more athletic organizations may be considered for record listing.
4. Wind Reading Requirements:

(a) For all outdoor records up to and including 200 Meters and 200 Meter Hurdles (Youth Athletics) and for the Long Jump and Triple Jump, the component of the wind velocity in the direction of the running shall be measured by an approved mechanism that accurately determines such component. This wind information shall be provided on the record application. If the average velocity of the wind, measured in the direction of the running behind the competitor, exceeds 2.0m per second the record will not be accepted, except in the combined events, as per subparagraph (b) below.

(b) The conditions for recognizing a Combined Events record shall have been complied with in each of the individual events, except that, in events where wind velocity is measured, at least one of the following conditions shall be satisfied:

i. The velocity in any individual event shall not exceed plus 4.0 meters per second.

ii. The average velocity (i.e., the sum of the wind velocities, as measured for each individual event, divided by the number of such events) shall not exceed plus 2.0 meters per second.

5. No record shall be accepted unless the course, distance, or height has been checked with a steel tape or bar graduated in centimeters, or by an approved scientific apparatus (e.g., datum line measurer—Rule 63.3) In the case of road records, the course must meet certification standards as stated in USATF Operating Regulation 6, at the time the race is held. Those standards may include the requirement of a steel tape measurement.

6. No performance shall be recognized as a record if it has been accomplished in or during a mixed competition of men and women, except track events longer than 10,000 meters or in road races.

NOTE: For Masters exception, see Rule 250.9.

7. Records made in heats or qualifying trials, in deciding ties and in the combined events will be accepted.

8. In track events of 10,000 meters or less and in field events, when two or more contestants record the same performance during a single competition, each such contestant shall be entitled to the record. In road races or races over 10,000 meters on the track, only winning contestants are entitled to the record.
9. When a competitor is disqualified or otherwise is not entitled to a record performance in that competition, another competitor may be given credit for the same record if he/she was not disqualified and was in all respects (including conformity with the appropriate rules of timing and/or measurement) entitled to such record.

RULE 183
RULES APPLICABLE TO TRACK EVENTS

1. Outdoor track records may be made only on a track which is not banked and which is composed of a substance on which normal running spikes can be used. Indoor running and walking records may be made on any type of surface provided it is indoors. Indoor Records may be made on tracks of wooden composition and/or banked tracks. Other records may not.

2. No record claimed for any event in which time is taken shall be allowed unless it has been timed in accordance with Rule 36. For manual times, the watches of the Official Timers shall be exhibited to the Chief Timer and/or the Referee for confirmation of the time recorded. Times recorded by approved fully automatic timing devices shall be in accordance with Rule 38.6.

3. When the time taken for a longer distance is better than, or as good as, the record for a shorter distance, the time for the longer distance shall be recognized as the record for the shorter distance.

4. An athlete may set and obtain credit for any number of records in the same race. An athlete shall not, however, be credited with a record at a shorter distance if he or she did not finish the race over the full distance for which the race had been scheduled, except as provided in Rule 182.3(c).

5. For races up to and including the 440 yards, only performances timed by an approved fully automatic timing device shall be approved as records.

6. The record must be made on a track of which the radius of the outside lane used does not exceed 60m, except where the bend is formed with two different radii, one of which may exceed 60m as long as it does not account for more than 60 degrees of the 180-degree turn.

7. For outdoor records, in track events of 200 meters or longer, the track must not exceed 440 yards in circumference, and the race must have started on some part of the circumference, except in the Steeplechase event where the water jump is placed outside a normal 400m or 440 yd. track.
8. For indoor records, in track events of 200 meters or longer, the track must not exceed 220 yards in circumference. A performance made indoors on an 11 laps-to-a-mile track may be listed in addition to a record made on a longer track, providing it is so designated.

9. No record may be accepted where the runner in a race run in lanes has run on or inside the inner curved border of the lane.

10. (a) Records for the 10,000 Meters or a shorter distance conducted on the track require a border complying with Rule 62.3 except for that portion of the steeplechase that is run inside or outside the standard track, which portion shall be marked with a white line and cones or flags complying with Rule 62.3(b).

(b) Records for distances longer than 10,000 meters may be accepted as track records provided the inside of the track is marked with a white line and with cones or flags complying with Rule 62.3(b).

(c) Records for distances longer than 10,000 meters made on tracks that do not comply with Rule 62.3 may be accepted as road records provided they meet all the requirements of Rule 185, including those pertaining to course measurement.

11. For Open Men's and Women's relay events, there shall be recognized records in two categories. The first shall be for Olympic, Pan American, and National teams officially representing the USA in international competition, and teams composed of US citizens competing in sanctioned domestic or international events. There shall also be recognized records for the same distances established by relay teams representing a single athletic club or school team. However, where the single club or team record is a superior mark, that record alone shall be recognized.

NOTE 1: For Masters relay record requirements, see Rule 262.1(a)

NOTE 2: Pursuant to IAAF Rule 260.8(h), a World Record in a relay may be made only by a team whose members are citizens of a single member country of the IAAF.
RULE 184
RULES APPLICABLE TO FIELD EVENTS

1. No record claimed for the Hammer, Discus, Shot, Javelin, or Weight shall be allowed unless it has been made with an implement that complies with the specifications for the official implements adopted by the IAAF and USATF. The implement must be certified as to weight, measurement, and material on the date of competition.

2. Measurements for records in field events shall be made by three field judges, including the Chief Field Judge of that event, under the supervision of the Field Event Referee or Head Field Judge and shall be made and submitted in meters and centimeters in accordance with Rule 63.

3. Indoor Records may be set on runways and circles of wooden composition. Other records may not.

4. Records may be credited for more than one performance in a competition, provided that each record so recognized shall have been equal or superior to the best previous performance at that moment.

5. No throwing event record will be accepted unless the implement was impounded and re-certified as legal following the record. This paragraph shall not apply to Combined Events records.

RULE 185
RULES APPLICABLE TO LONG DISTANCE RUNNING EVENTS

1. (a) No non-winning performance in a road race shall be accepted as a record unless it can be verified (independently of the primary timing systems) that a specific time was recorded for that particular runner. If it cannot be verified that such a time was recorded for the runner, the next slower recorded time that can be verified as being recorded after that runner finishes may be assigned to that runner.

(b) No performance shall be accepted as an Open American record unless it was timed in accordance with Rule 37 or 38.

2. A winning performance in a race shall be timed in accordance with Rule 37 or Rule 38. The winner of each sex division shall be considered to have a winning performance.

3. Road running performances will not be accepted if the remeasurement shows that the actual course distance was shorter than the stated distance.
4. For track records at distances longer than 10,000 meters, lap sheets must be kept. Such lap sheets must record the total elapsed time for the record applicant for each lap. Only laps for which a time was recorded will be counted as having been completed. Each time entry must be initialed by the recorder, the lap sheets must be verified and signed by the race director, and a legible photocopy (NOT the original copy) of the lap sheets must accompany the record application.

5. For all road records:

   (a) The course must not have a net decrease in elevation from start to finish exceeding 1 part per thousand (i.e., 1m per km).

   (b) The start and finish of the race must lie no more than 30% of the race distance apart as measured along the straight line between them, except when it can be shown that the average component of the wind direction at the head of the race (the lead runner) did not constitute a significant tailwind.

   **NOTE:** A tailwind shall be deemed to be significant if it prevails consistently throughout more than 50% of the course during the race.

6. For all women's road running records, except Masters records, separate records shall be kept for women-only and mixed competition.

7. In all events that are defined by time, distances will be measured to the nearest lesser full yard or meter only.

8. A national or world's best open class performance must be validated as follows:

   (a) Witnesses to the actual race must provide to the Validation Chairperson of the Road Running Technical Council of USATF, or a designee, a complete and precise map or description of the shortest possible route that was available to the record claimant during the race.

   (b) The actual course must be evaluated and approved as accurate by an expert designated by the Validation Chairperson of the Road Running Technical Council.

9. For road records, a complete set of lap sheets must be kept for any event that is run in three or more loops of the same course. The maintenance and disposition of such lap sheets shall be the same as indicated in paragraph 4, above.
RULE 186
RULES APPLICABLE TO RACE WALKING EVENTS

1. Race walking performances may be accepted as records only if made in competition limited to race walkers.

2. Separate records shall be kept for track and road courses. Records set on a track shall meet all standards applicable to track running events. Records set on road courses shall meet all standards applicable to road running events, including standards pertaining to the measurement and certification of courses. The maximum circuit length shall be the same as those applicable to Championships. See Rule 150.5(a).

3. For records, track races require five Judges and road races require a minimum of six Judges, as prescribed in Rule 39.1(g). At least half of these judges shall have National or higher certification, and at least one of these judges must have Master or IAAF certification.

RULE 187
EVENTS IN WHICH RECORDS ARE RECOGNIZED

National records shall be recognized only in the events listed in this rule. The events are set forth here by sport committees.

Men’s Track and Field
OUTDOOR EVENTS

Track Events

| 100 Meters | 1500 Meters | 110 Meter Hurdles |
| 200 Meters | 2000 Meters | 400 Meter Hurdles |
| 400 Meters | 3000 Meters | 3000 Meter Steeplechase |
| 800 Meters | 5000 Meters | 1 Mile |
| 1000 Meters | 10,000 Meters |

Field Events

| High Jump | Triple Jump | Shot Put | Discus Throw |
| Long Jump | Pole Vault | Hammer Throw | Javelin Throw |
| 56-lb. Weight Throw |

Combined Events

Decathlon | Pentathlon | Weight Pentathlon |
Relay Events

400 Meters (4x100) 3200 Meters (4x800)
800 Meters (4x200) 6000 Meters (4x1500)
1600 Meters (4x400) 800 Meters Sprint Medley (400-200-200-800 or 200-200-400-800)
1600 Meters (4x800)
4000 Meters Distance Medley (400-800-1200-1600 or 800-400-1200-1600 or 1200-400-800-1600 or 1200-800-400-1600)

440 Meters Shuttle Hurdles (4x110)

INDOOR EVENTS
Track Events

50 Meters 400 Meters 1500 Meters
55 Meters 500 Meters 2000 Meters
60 Meters 600 Meters 3000 Meters
200 Meters 800 Meters 5000 Meters
300 Meters 1000 Meters 1 Mile
50 Meter Hurdles 55 Meter Hurdles 60 Meter Hurdles

Field Events

High Jump Triple Jump Shot Put
Long Jump Pole Vault 35-lb Weight Throw

Combined Events

Pentathlon Heptathlon

Relay Events

800 Meters (4x200) 3200 Meters (4x800)
1600 Meters (4x400) 6000 Meters (4x1500)
1100 Meters Sprint Medley (400-200-200-300)
4000 Meters Distance Medley (400-800-1200-1600 or 800-400-1200-1600)
JUNIOR RECORDS (All Outdoors)

Track Events

100 Meters  800 Meters  3000 Meters
200 Meters  1500 Meters  5000 Meters
400 Meters  1 Mile       10,000 Meters
110 Meter Hurdles 400 Meter Hurdles 3000 Meter Steeplechase

Field Events

High Jump  Triple Jump  Shot Put  Discus Throw
Long Jump   Pole Vault  Hammer Throw  Javelin Throw

Combined Event

Decathlon

Relay Events

400 Meters (4x100)  1600 Meters (4x400)

Women's Track and Field

OUTDOOR EVENTS

Track Events

100 Meters  1500 Meters  100 Meter Hurdles
200 Meters  2000 Meters  400 Meter Hurdles
400 Meters  3000 Meters  2000 Meter Steeplechase
800 Meters  5000 Meters  3000 Meter Steeplechase
1000 Meters 10,000 Meters  1 Mile

Field Events

High Jump  Triple Jump  Shot Put  Discus Throw
Long Jump   Pole Vault  Hammer Throw  Javelin Throw

Combined Events

Pentathlon  Heptathlon

Relay Events

400 Meters (4x100)  3200 Meters (4x800)
800 Meters (4x200)  6000 Meters (4x1500)
1600 Meters (4x400)
800 Meters Sprint Medley (100-100-200-400)
1600 Meters Sprint Medley (400-200-200-800 or 200-200-400-800)
4000 Meters Distance Medley (400-800-1200-1600 or 800-400-1200-1600 or 1200-400-800-1600 or 1200-800-400-1600)
INDOOR EVENTS

Track Events

| 50 Meters | 400 Meters | 1500 Meters |
| 55 Meters | 500 Meters | 3000 Meters |
| 60 Meters | 600 Meters | 5000 Meters |
| 200 Meters | 800 Meters | 1 Mile |
| 300 Meters | 1000 Meters | |
| 50 Meter Hurdles | 55 Meter Hurdles | 60 Meter Hurdles |

Field Events

| High Jump | Triple Jump | Shot Put |
| Long Jump | Pole Vault | 20-lb Weight Throw |

Combined Event

Pentathlon

Relay Events

| 800 Meters (4x200) | 3200 Meters (4x800) |
| 1600 Meters (4x400) | 6000 Meters (4x1500) |
| 4000 Meters Distance Medley | (400-800-1200-1600 or 800-400-1200-1600) |

JUNIOR RECORDS (All Outdoors)

Track Events

| 100 Meters | 1500 Meters | 1 Mile |
| 200 Meters | 3000 Meters | 110 Meter Hurdles |
| 400 Meters | 5000 Meters | 400 Meter Hurdles |
| 800 Meters | 10,000 Meters | 2000 Meter Steeplechase |
| 3000 Meter Steeplechase | |

Field Events

| High Jump | Triple Jump | Shot Put | Discus Throw |
| Long Jump | Pole Vault | Hammer Throw | Javelin Throw |

Combined Events

Pentathlon, Heptathlon

Relay Events

| 400 Meters (4x100) | 1600 Meters (4x400) |
| Race Walking | |
### MEN'S AND WOMEN'S EVENTS

#### Outdoor Track Events

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#### Outdoor Road Events

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#### Junior Outdoor Track Events

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#### Junior Outdoor Road Events

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#### Men's Long Distance Running

**Women's Long Distance Running**

**Masters Long Distance Running (Men and Women)**

#### Track Events

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<th>100 Miles</th>
<th>1 Hour</th>
<th>2 Hours</th>
<th>12 Hours</th>
<th>24 Hours</th>
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Road Events

5000 Meters  20,000 Meters  10 Miles  Half-Marathon
8000 Meters  25,000 Meters  20 Miles  Marathon
10,000 Meters  30,000 Meters  50 Miles  12 Hours
12,000 Meters  50,000 Meters  100 Miles  24 Hours
15,000 Meters  100,000 Meters

Road and/or Track Events

1000 Miles  48 Hours  144 Hours

Masters Track and Field

All events listed in Rules 261 and those listed in this rule for Men's Race Walking

Youth Athletics

All events listed in Rule 241

RULE 188
NOTEWORTHY PERFORMANCES

1. A performance may be recorded as a "Noteworthy Performance" if so approved by the appropriate sport committee.

2. A performance made indoors on a track measuring more than 220 yards, if otherwise eligible for indoor record listing, and if it is equal to or better than the American or All-Comers Record in such event, may be listed as a Noteworthy Performance, if so approved by the appropriate sport committee.