

Men's records

Event	Olympic record	World record	My first attempt	My second attempt	My third attempt
100 metres	9.63 seconds Usain Bolt 2012	9.58 seconds Usain Bolt 2009			
400 metres	43.03 seconds Wayde van Niekerk 2016	43.03 seconds Wayde van Niekerk 2016			
800 metres	1:40.91 minutes David Rudisha 2012	1:40.91 minutes David Rudisha 2012			
Javelin	90.57 metres Andreas Thorkildsen 2008	98.48 metres Jan Železný 1996			
Long jump	8.90 metres Bob Beamon 1968	8.95 metres Mike Powell 1991			



Women's records

Event	Olympic record	World record	My first attempt	My second attempt	My third attempt
100 metres	10.62 seconds Florence Griffith-Joyner 1988	10.49 seconds Florence Griffith-Joyner 1988			
400 metres	48.25 seconds Marie-José Pérec 1996	47.60 seconds Marita Koch 1985			
800 metres	1:53.43 minutes Nadezhda Olizarenko 1980	1:53.28 minutes Jarmila Kratochvílová 1983			
Javelin	71.53 metres Osleidys Menéndez 2004	72.28 metres Barbora Špotáková 2008			
Long jump	7.40 metres Jackie Joyner-Kersey 1988	7.52 metres Galina Chistyakova 1988			

