

Appendix A – Senior Outdoor

Senior Men – Outdoor Events

	Elite	HP	Perf	Dev
100m	10.51	10.69	10.88	11.07
200m	21.26	21.66	22.08	22.51
400m	47.13	48.03	48.94	49.90
800m	1:49.90	1:51.93	1:54.05	1:56.21
1500m	3:44.91	3:49.43	3:54.08	3:58.80
5000m	13:57.62	14:14.60	14:32.07	14:50.11
10,000m	29:15.49	29:55.05	30:35.08	31:17.11
110m H	14.10	14.43	14.77	15.12
400m H	51.77	53.00	54.27	55.58
3000m SC	8:56.25	9:09.85	9:23.86	9:38.31
10K RR	---	30:00	30:40	31:22
Half Mar	---	1:06:17	1:07:47	1:09:22
Marathon	2:19:24	2:22:49	2:26:17	2:29:56
20km RW	1:28:00	1:31:10	1:34:25	1:37:46
50km RW	4:14:13	4:24:33	4:35:01	4:46:00
High Jump	2.16	2.10	2.03	1.96
Long Jump	7.61	7.34	7.07	6.80
Triple Jump	15.77	15.23	14.67	14.13
Pole Vault	5.27	5.05	4.83	4.61
Shot Put	18.57	17.60	16.64	15.66
Discus	58.71	55.55	52.44	49.27
Hammer	69.52	65.84	62.02	58.33
Javelin	74.92	70.95	66.89	62.83
Decathlon	7357	6982	6606	6234

Senior Women – Outdoor Events

	Elite	HP	Perf	Dev
100m	11.86	12.15	12.44	12.75
200m	24.34	24.94	25.56	26.18
400m	55.47	57.00	58.57	1:00.22
800m	2:08.11	2:11.53	2:15.04	2:18.73
1500m	4:22.08	4:29.84	4:37.97	4:46.22
5000m	16:24.73	16:56.25	17:28.12	18:01.60
10,000m	34:27.50	35:35.69	36:45.90	37:58.34
100m H	13.87	14.32	14.79	15.27
400m H	59.99	1:01.97	1:04.01	1:06.12
3000m SC	10:32.80	10:57.72	11:22.92	11:49.39
10K RR	---	35:56	37:05	38:17
Half Mar	---	1:17:54	1:20:31	1:23:10
Marathon	2:41:40	2:47:51	2:54.13	3:00:40
10km RW	---	50:50	53:07	55:28
20km RW	1:40:17	1:44:43	1:49:22	1:54:10
High Jump	1.82	1.76	1.70	1.64
Long Jump	6.17	5.91	5.64	5.38
Triple Jump	13.04	12.48	11.92	11.35
Pole Vault	4.14	3.96	3.78	3.60
Shot Put	16.03	15.17	14.31	13.46
Discus	55.07	52.13	49.13	46.18
Hammer	64.08	60.67	57.19	53.77
Javelin	56.00	52.96	49.93	46.94
Heptathlon	5630	5342	5052	4767

Note: Men’s event specifications used for standards are 110mH @107cm, 400mH @91cm, 3000mSC @91cm, SP @7.62kg, DT @2kg, HT @7.62kg, JT @800g, and Dec the same as these individual events.

Note: Women’s event specifications used for standards are 100mH @84cm, 400mH @76cm, 3000mSC @76cm, SP @4kg, DT @1kg, HT @4kg, JT @600g, and Hept the same as these individual events.

Appendix B – Espoir U23 Outdoor

Espoir Men – Outdoor Events					Espoir Women – Outdoor Events				
	Elite	HP	Perf	Dev		Elite	HP	Perf	Dev
100m	10.51	10.78	10.97	11.17	100m	11.86	12.30	12.59	12.90
200m	21.26	21.87	22.29	22.72	200m	24.34	25.25	25.88	26.51
400m	47.13	48.49	49.42	50.40	400m	55.47	57.79	59.39	1:01.04
800m	1:49.90	1:52.98	1:55.10	1:57.29	800m	2:08.11	2:13.27	2:16.91	2:20.59
1500m	3:44.91	3:51.74	3:56.47	4:01.26	1500m	4:22.08	4:33.87	4:42.13	4:50.52
5000m	13:57.62	14:23.27	14:41.02	14:59.35	5000m	16:24.73	17:11.78	17:44.73	18:18.76
10,000m	29:15.49	30:14.91	30:56.29	31:38.28	10,000m	34:27.50	36:10.53	37:21.83	38:36.80
110m H	14.10	14.60	14.94	15.30	100m H	13.87	14.55	15.03	15.52
400m H	51.77	53.63	54.92	56.25	400m H	59.99	1:03.00	1:05.04	1:07.18
3000m SC	8:56.25	9:16.80	9:31.02	9:45.98	3000m SC	10:32.80	11:10.22	11:35.82	12:02.72
10K RR	---	30:20	31:22	31:43	10K RR	---	36:30	37:41	38:55
Half Mar	---	1:07:01	1:08:34	1:10:10	Half Mar	---	1:19:10	1:21:49	1:24:34
Marathon	2:19:24	2:24:31	2:28:05	2:31:47	Marathon	2:41:40	2:50:57	2:57:25	3:04:06
20km RW	1:28:00	1:32:46	1:36:05	1:39:29	10km RW	---	51:59	54:18	56:39
50km RW	4:14:13	4:29:45	4:40:33	4:51:43	20km RW	1:40:17	1:47:04	1:51:48	1:56:35
High Jump	2.16	2.06	2.00	1.93	High Jump	1.82	1.73	1.67	1.61
Long Jump	7.61	7.20	6.93	6.66	Long Jump	6.17	5.78	5.51	5.24
Triple Jump	15.77	14.95	14.40	13.85	Triple Jump	13.04	12.20	11.64	11.07
Pole Vault	5.27	4.94	4.72	4.50	Pole Vault	4.14	3.87	3.69	3.51
Shot Put	18.57	17.13	16.15	15.17	Shot Put	16.03	14.74	13.88	11.07
Discus	58.71	53.96	50.85	47.68	Discus	55.07	50.60	47.66	44.65
Hammer	69.52	63.93	60.18	56.42	Hammer	64.08	58.93	55.45	52.02
Javelin	74.92	68.88	64.83	60.84	Javelin	56.00	51.47	48.44	45.39
Decathlon	7357	6797	6420	6041	Heptathlon	5630	5197	4907	4621

Note: Men's event specifications used for standards are 110mH @107cm, 400mH @91cm, 3000mSC @91cm, SP @7.62kg, DT @2kg, HT @7.62kg, JT @800g, and Dec the same as these individual events.

Note: Women's event specifications used for standards are 100mH @84cm, 400mH @76cm, 3000mSC @76cm, SP @4kg, DT @1kg, HT @4kg, JT @600g, and Hept the same as these individual events.

Appendix C – Junior Outdoor

	Elite	HP	Perf	Dev		Elite	HP	Perf	Dev
100m	10.71	10.88	11.23	11.41	100m	12.06	12.32	12.87	13.16
200m	21.71	22.07	22.84	23.24	200m	24.74	25.29	26.44	27.05
400m	48.49	49.31	51.00	51.89	400m	56.63	58.05	1:01.04	1:02.58
800m	1:51.36	1:53.24	1:57.17	1:59.23	800m	2:12.27	2:15.43	2:21.94	2:25.38
1500m	3:51.98	3:56.05	4:04.55	4:09.00	1500m	4:35.14	4:42.28	4:57.03	5:04.58
3000m	8:23.65	8:32.71	8:51.43	9:01.12	3000m	9:51.21	10:07.27	10:41.13	10:59.04
5000m	14:29.86	14:45.22	15:16.95	15:33.38	5000m	17:08.31	17:36.98	18:36.22	19:07.54
10,000m	31:42.86	32:16.21	33:25.81	34:01.39	10,000m	---	39:15.94	41:32.42	42:45.01
10K RR	---	32:21	33:30	34:06	10K RR	---	39:34	41:49	43:01
110m H	14.49	14.79	15.42	15.75	100m H	14.60	15.01	15.87	16.31
400m H	54.29	55.39	57.67	58.88	400m H	1:02.51	1:04.31	1:08.06	1:10.03
3000m SC	9:22.08	9:34.13	9:59.81	10:12.98	3000m SC	11:07.08	11:29.80	12:16.77	12:41.10
10km RW	45:44	47:08	50:06	51:36	10km RW	52:57	54:55	59:02	1:01:11
High Jump	2.10	2.05	1.92	1.86	High Jump	1.78	1.73	1.62	1.56
Long Jump	7.31	7.07	6.58	6.33	Long Jump	5.96	5.72	5.24	5.00
Triple Jump	15.11	14.63	13.66	13.16	Triple Jump	12.50	11.99	10.98	10.47
Pole Vault	4.92	4.73	4.34	4.15	Pole Vault	3.90	3.73	3.41	3.25
Shot Put	17.40	16.54	14.84	13.98	Shot Put	13.79	13.10	11.70	11.01
Discus	52.38	49.70	44.39	41.76	Discus	45.64	43.34	38.69	36.33
Hammer	64.65	61.36	54.76	51.46	Hammer	54.70	51.96	46.41	43.60
Javelin	66.25	62.83	56.13	52.70	Javelin	47.11	44.67	39.91	37.47
Decathlon	6870	6539	5881	5546	Heptathlon	5052	4808	4318	4076

Note: Men’s event specifications used for standards are 110mH @99cm, 400mH @91cm, 3000mSC @91cm, SP @6kg, DT @1.75kg, HT @6kg, JT @800g, and Dec the same as these individual events.

Note: Women’s event specifications used for standards are 100mH @84cm, 400mH @76cm, 3000mSC @76cm, SP @4kg, DT @1kg, HT @4kg, JT @600g, and Hept the same as these individual events.

Appendix D – Youth Outdoor

Youth Boys – Outdoor Events				Youth Girls – Outdoor Events			
	HP	Perf	Dev		HP	Perf	Dev
100m	11.05	11.34	11.67	100m	12.54	12.74	13.28
200m	22.59	22.95	23.66	200m	25.85	26.12	27.22
400m	50.21	51.32	52.90	400m	58.57	59.59	1:02.49
800m	1:56.21	1:57.76	2:01.44	800m	2:16.97	2:20.26	2:26.58
1500m	4:02.72	4:05.78	4:13.69	1500m	4:40.69	4:51.87	5:05.95
3000m	8:52.22	9:01.74	9:18.89	3000m	10:05.61	10:40.43	11:12.68
110m H	14.49	15.44	16.03	100m H	14.75	15.39	16.23
400m H	56.04	59.74	1:01.80	400m H	1:04.20	1:07.68	1:11.24
2000m SC	6:12.42	6:31.22	6:46.57	2000m SC	7:25.38	7:45.00	8:08.70
3000m RW	---	15:33	16:20	3000m RW	---	18:11	19:16
10km RW	48:47	53:40	56:14	5000m RW	26:16	30:56	32:44
High Jump	2.01	1.81	1.71	High Jump	1.72	1.54	1.45
Long Jump	7.03	6.19	5.79	Long Jump	5.65	4.96	4.55
Triple Jump	14.35	12.63	11.86	Triple Jump	11.80	10.39	9.55
Pole Vault	4.49	3.58	3.32	Pole Vault	3.66	2.91	2.67
Shot Put	17.16	13.86	12.44	Shot Put	14.27	10.81	9.66
Discus	52.38	41.60	37.15	Discus	40.88	34.14	30.46
Hammer	63.73	45.83	40.92	Hammer	57.06	43.54	38.91
Javelin	61.84	47.98	42.89	Javelin	45.67	35.69	31.91
Decathlon	6201	4722	4246	Heptathlon	4673	4002	3600

Note: Boy's event specifications used for standards are 110mH @91cm, 400mH @84cm, 3000mSC @84cm, SP @5kg, DT @1.5kg, HT @5kg, JT @700g, and Dec the same as these individual events.

Note: Girl's event specifications used for standards are 100mH @76cm, 400mH @76cm, 3000mSC @76cm, SP @3kg, DT @1kg, HT @3kg, JT @500g, and Hept the same as these individual events.

Appendix E – Midget Outdoor

Midget Boys – Outdoor Events			Midget Girls – Outdoor Events		
	Performance	Development		Performance	Development
100m	12.00	12.50	100m	13.00	13.50
200m	24.25	25.50	200m	26.50	27.75
300m	37.75	40.25	300m	42.50	45.25
800m	2:08.00	2:14.50	800m	2:21.50	2:28.00
1200m	3:26.00	3:37.50	1200m	3:50.00	4:02.00
2000m	6:02.00	6:20.00	2000m	6:48.00	7:00.00
100m H	15.50	16.25	80m H	12.75	13.75
200m H	28.25	29.75	200m H	30.00	31.50
1500m SC	4:44.00	4:55.00	1500m SC	5:20.00	5:36.00
1500m RW	8:00.00	9:25.00	1500m RW	9:30.00	11:00.00
High Jump	1.70	1.60	High Jump	1.50	1.40
Long Jump	5.60	5.25	Long Jump	4.90	4.50
Triple Jump	11.95	11.25	Triple Jump	10.50	9.90
Pole Vault	3.25	2.75	Pole Vault	2.65	2.25
Shot Put	13.00	12.25	Shot Put	10.75	10.00
Discus	40.50	38.00	Discus	29.50	28.00
Hammer	40.00	37.50	Hammer	39.00	36.00
Javelin	44.00	41.00	Javelin	35.00	33.00
Pentathlon	2600	2450	Pentathlon	2800	2650

Note: Boy's event specifications used for standards are 100mH @84cm, 200mH @76cm, 1500mSC @76cm, SP @4kg, DT @1kg, HT @4kg, JT @600g, and Pent the same as these individual events.

Note: Girl's event specifications used for standards are 80mH @76cm, 200mH @76cm, 1500mSC @76cm, SP @3kg, DT @1kg, HT @3kg, JT @500g, and Pent the same as these individual events.

Appendix F – Senior Indoor

Senior Men – Indoor Events

	Elite	HP	Perf	Dev
60m	6.81	6.92	7.03	7.15
200m	21.71	22.11	22.53	22.96
300m	34.01	34.69	35.38	36.10
400m	48.08	49.00	49.94	50.92
600m	01:19.63	01:21.07	01:22.58	01:24.12
800m	01:51.80	01:53.82	01:55.95	01:58.11
1000m	02:24.95	02:27.62	02:30.41	02:33.25
1500m	03:48.48	03:52.93	03:57.51	04:02.15
3000m	08:11.97	08:21.77	08:31.87	08:42.29
5000m	14:10.43	14:27.04	14:44.15	15:01.80
60m H	7.97	8.16	8.35	8.55
High Jump	2.16	2.10	2.03	1.96
Long Jump	7.61	7.34	7.07	6.80
Triple Jump	15.77	15.23	14.67	14.13
Pole Vault	5.27	5.05	4.83	4.61
Shot Put	18.57	17.60	16.64	15.66
Heptathlon	5448	5170	4891	4615

Senior Women – Indoor Events

	Elite	HP	Perf	Dev
60m	7.60	7.78	7.97	8.16
200m	24.88	25.53	26.18	26.85
300m	40.13	41.22	42.34	43.52
400m	56.41	57.97	59.57	01:01.26
600m	01:32.68	01:35.41	01:38.23	01:41.19
800m	02:10.50	02:14.24	02:18.09	02:22.13
1000m	02:49.52	02:54.31	02:59.24	03:04.41
1500m	04:24.63	04:32.32	04:40.38	04:48.55
3000m	09:37.07	09:54.68	10:12.48	10:31.18
5000m	16:36.28	17:07.47	17:39.02	18:12.15
60m H	8.56	8.84	9.12	9.40
High Jump	1.82	1.76	1.70	1.64
Long Jump	6.17	5.91	5.64	5.38
Triple Jump	13.04	12.48	11.92	11.35
Pole Vault	4.14	3.96	3.78	3.60
Shot Put	16.03	15.17	14.31	13.46
Pentathlon	4120	3909	3696	3487

Note: Men’s event specifications used for standards are 60mH @107cm, SP @7.62kg, and Hept the same as these individual events.

Note: Women’s event specifications used for standards are 60mH @84cm, SP @4kg, and Pent the same as these individual events.

Appendix G – Espoir U23 Indoor

Espoir Men – Indoor Events

	Elite	HP	Perf	Dev
60m	6.81	6.97	7.09	7.21
200m	21.71	22.32	22.74	23.17
300m	34.01	35.04	35.74	36.47
400m	48.08	49.48	50.42	51.42
600m	01:19.63	01:21.82	01:23.33	01:24.89
800m	01:51.80	01:54.88	01:57.00	01:59.19
1000m	02:24.95	02:29.00	02:31.80	02:34.68
1500m	03:48.48	03:55.20	03:59.85	04:04.57
3000m	08:11.97	08:26.78	08:37.04	08:47.63
5000m	14:10.43	14:35.53	14:52.90	15:10.84
60m H	7.97	8.26	8.45	8.65
High Jump	2.16	2.06	2.00	1.93
Long Jump	7.61	7.20	6.93	6.66
Triple Jump	15.77	14.95	14.40	13.85
Pole Vault	5.27	4.94	4.72	4.50
Shot Put	18.57	17.13	16.15	15.17
Heptathlon	5448	5033	4753	4471

Espoir Women – Indoor Events

	Elite	HP	Perf	Dev
60m	7.60	7.87	8.06	8.26
200m	24.88	25.85	26.52	27.20
300m	40.13	41.79	42.93	44.10
400m	56.41	58.78	01:00.41	01:02.09
600m	01:32.68	01:36.81	01:39.72	01:42.68
800m	02:10.50	02:16.15	02:20.13	02:24.17
1000m	02:49.52	02:56.76	03:01.85	03:07.02
1500m	04:24.63	04:36.32	04:44.51	04:52.81
3000m	09:37.07	10:03.35	10:21.75	10:40.76
5000m	16:36.28	17:22.84	17:55.45	18:29.13
60m H	8.56	8.97	9.26	9.55
High Jump	1.82	1.73	1.67	1.61
Long Jump	6.17	5.78	5.51	5.24
Triple Jump	13.04	12.20	11.64	11.07
Pole Vault	4.14	3.87	3.69	3.51
Shot Put	16.03	14.74	13.88	13.03
Pentathlon	4120	3803	3590	3380

Note: Men’s event specifications used for standards are 60mH @107cm, SP @7.62kg, and Hept the same as these individual events.

Note: Women’s event specifications used for standards are 60mH @84cm, SP @4kg, and Pent the same as these individual events.

Appendix H – Junior Indoor

Junior Men – Indoor Events

	Elite	HP	Perf	Dev
60m	6.93	7.03	7.24	7.35
200m	22.15	22.52	23.29	23.69
300m	35.04	35.65	36.93	37.6
400m	49.48	50.31	52.04	52.94
600m	01:20.66	01:22.01	01:24.81	01:26.27
800m	01:53.25	01:55.14	01:59.07	02:01.14
1000m	02:26.86	02:29.34	02:34.53	02:37.24
1500m	03:55.44	03:59.45	04:07.81	04:12.19
3000m	08:27.14	08:36.11	08:54.63	09:04.23
5000m	14:41.98	14:57.01	15:28.07	15:44.15
60m H	8.19	8.37	8.72	8.91
High Jump	2.10	2.05	1.92	1.86
Long Jump	7.31	7.07	6.58	6.33
Triple Jump	15.11	14.63	13.66	13.16
Pole Vault	4.92	4.73	4.34	4.15
Shot Put	17.40	16.54	14.84	13.98
Heptathlon	5087	4842	4353	4104

Junior Women – Indoor Events

	Elite	HP	Perf	Dev
60m	7.72	7.89	8.24	8.42
200m	25.31	25.90	27.13	27.77
300m	40.96	41.97	44.10	45.20
400m	57.60	59.04	01:02.09	01:03.67
600m	01:36.01	01:38.54	01:43.76	01:46.52
800m	02:15.05	02:18.51	02:25.64	02:29.42
1000m	02:55.35	02:59.77	03:08.91	03:13.74
1500m	04:37.57	04:44.65	04:59.27	05:06.84
3000m	09:57.23	10:13.14	10:46.66	11:04.39
5000m	17:19.41	17:47.79	18:46.40	19:17.40
60m H	9.00	9.24	9.76	10.02
High Jump	1.78	1.73	1.62	1.56
Long Jump	5.96	5.72	5.24	5.00
Triple Jump	12.50	11.99	10.98	10.47
Pole Vault	3.90	3.73	3.41	3.25
Shot Put	13.79	13.10	11.70	11.01
Pentathlon	3696	3518	3158	2981

Note: Men’s event specifications used for standards are 60m H @99cm, SP @6kg, and Hept the same as these individual events.

Note: Women’s event specifications used for standards are 60m H @84cm, SP @4kg, and Pent the same as these individual events.

Appendix I – Youth Indoor

Youth Boys – Indoor Events				Youth Girls – Indoor Events			
	HP	Perf	Dev		HP	Perf	Dev
60m	7.13	7.30	7.50	60m	8.03	8.15	8.49
200m	23.04	23.40	24.11	200m	26.50	26.78	27.96
400m	51.23	52.36	53.98	400m	59.57	01:00.62	01:03.57
800m	01:58.11	01:59.66	02:03.35	800m	02:20.20	02:23.80	02:30.73
1500m	04:06.01	04:09.02	04:16.80	1500m	04:43.08	04:54.15	05:08.11
3000m	08:55.42	09:04.84	09:21.81	3000m	10:11.50	10:45.96	11:17.90
60m H	8.19	8.73	9.06	60m H	9.09	9.47	9.98
High Jump	2.01	1.81	1.71	High Jump	1.72	1.54	1.45
Long Jump	7.03	6.19	5.79	Long Jump	5.65	4.96	4.55
Triple Jump	14.35	12.63	11.86	Triple Jump	11.80	10.39	9.55
Pole Vault	4.49	3.58	3.32	Pole Vault	3.66	2.91	2.67
Shot Put	17.16	13.86	12.44	Shot Put	14.27	10.81	9.66
Pentathlon	3101	2361	2123	Pentathlon	3418	2927	2632

Note: Boy’s event specifications used for standards are 60m H @91cm, SP @5kg, and Pent the same as these individual events.

Note: Girl’s event specifications used for standards are 60m H @76cm, SP @3kg, and Pent the same as these individual events.

Appendix J – Midget Indoor

Midget Boys – Indoor Events			Midget Girls – Indoor Events		
	Performance	Development		Performance	Development
60m	7.70	8.00	60m	8.32	8.63
200m	24.71	25.96	200m	27.19	28.53
300m	38.40	40.93	300m	43.46	46.28
800m	02:09.93	02:16.46	800m	02:25.20	02:32.29
1200m	3:28.51	3:39.78	1200m	3:51.90	4:03.85
2000m	06:05.06	06:22.72	2000m	06:52.38	07:04.41
60m H	9.64	10.11	60m H	9.80	10.55
High Jump	1.70	1.60	High Jump	1.50	1.40
Long Jump	5.60	5.25	Long Jump	4.90	4.50
Triple Jump	11.95	11.25	Triple Jump	10.50	9.89
Pole Vault	3.25	2.75	Pole Vault	2.65	2.25
Shot Put	12.99	12.25	Shot Put	10.74	9.99
Pentathlon	2600	2450	Pentathlon	2800	2650

Note: Boy's event specifications used for standards are 60m H @84cm, SP @4kg, and Pent the same as these individual events.

Note: Girl's event specifications used for standards are 60m H @76cm, SP @3kg, and Pent the same as these individual events.