

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.