

**Appendix A – Senior Indoor**

**Senior Men – Indoor Events**

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

**Senior Women – Indoor Events**

	Elite	HP	Perf	Dev
<b>60m</b>	7.60	7.78	7.97	8.16
<b>200m</b>	24.88	25.53	26.18	26.85
<b>300m</b>	40.13	41.22	42.34	43.52
<b>400m</b>	56.41	57.97	59.57	01:01.26
<b>600m</b>	01:32.68	01:35.41	01:38.23	01:41.19
<b>800m</b>	02:10.50	02:14.24	02:18.09	02:22.13
<b>1000m</b>	02:49.52	02:54.31	02:59.24	03:04.41
<b>1500m</b>	04:24.63	04:32.32	04:40.38	04:48.55
<b>3000m</b>	09:37.07	09:54.68	10:12.48	10:31.18
<b>5000m</b>	16:36.28	17:07.47	17:39.02	18:12.15
<b>60m H</b>	8.56	8.84	9.12	9.40
<b>High Jump</b>	1.82	1.76	1.70	1.64
<b>Long Jump</b>	6.17	5.91	5.64	5.38
<b>Triple Jump</b>	13.04	12.48	11.92	11.35
<b>Pole Vault</b>	4.14	3.96	3.78	3.60
<b>Shot Put</b>	16.03	15.17	14.31	13.46
<b>Pentathlon</b>	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 B – Espoir U23 Indoor**

**Espoir Men – Indoor Events**

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

**Espoir Women – Indoor Events**

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

**Junior Men – Indoor Events**

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

**Junior Women – Indoor Events**

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

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