

1.0 OVERVIEW

The purpose of this document is to provide athletes and coaches with information concerning the BC Athletics High Performance System with specific reference to Athlete Support. Please note that BC Athletics reserves the right to update this document at any time. Any such update will be considered valid upon posting on the BC Athletics website at www.bcathletics.org.

1.1 BC Athletics High Performance System

BC Athletics, working with personal coaches and member clubs, leads the development of High Performance athletes in the sport of Athletics in British Columbia. Together with our funding partners (government, national/provincial organizations, corporations and foundations) BC Athletics provides support for athletes and coaches with the goal of strong representation and podium performances at National championships, advancing more BC athletes to National Teams and Podium Performances at International competition.

1.2 Athlete Support

Athlete Support is defined as any support offered by BC Athletics, either through partnerships with other organizations or through government funding. Within the BC Athletics High Performance System there are 3 main programs of support available to athletes. These include financial support through the BC Athlete Assistance Program (BC AAP), access to services through the Enhanced Excellence Program (Canadian Sport Institute and PacificSport), and travel to national championships and national multi-sport games through the BC Team and TeamBC program. Athletes must be selected to receive all 3 support opportunities through their specific selection standards and criteria.

1.3 BC Athlete Assistance Program

The BC Athlete Assistant Program (BC AAP) is an athlete-centered program of financial assistance funded by the Province of British Columbia through the Sport Branch of the Ministry of Community Sport and Cultural Development, and administers through the BC Sport Agency. The program seeks to recognize high performance athletes who are participating in programs offered through BC Athletics (PSO) or post-secondary institution and competing in recognized national or international competitions to relieve some of the pressures associated with training and competition needs. BC Athletics is charged with selection of said athletes.

1.4 Enhanced Excellence Program

The Canadian Sport Institute, through a partnership with the Province of BC and ViaSport, the network of PacificSport Centres, and BC Athletics collaborates to deliver programs and services to place BC Athletes on National Teams, and ensure athletes and coaches have every advantage to win medals for Canada. The partners work jointly to encourage sport excellence and increase podium performances in communities throughout British Columbia.

1.5 Injury Status

Eligible athletes who have been carded in the previous year (2015-16); who met the age performance standard in the previous year (2015-16); who are eligible to receive funding based on the established eligibility requirements; who have been injured or ill during the year; and who have been unable to meet the criteria for carding can apply for an injury card. All athletes wishing to be considered under an injury card must complete all application requirements, and must also provide additional documentation in the form of:

Document 1: A formal letter, signed by the athlete and the athlete's personal coach outlining the nature of the injury/illness; the impact it had on training, competition and performance; the current status of the athlete relative to training, rehabilitation, competition and performance; and

Document 2: A letter from the doctor(s) involved in the diagnosis or the injury/illness and their current update and recommendations with respect to training and competition at the time of the injury/illness, and an update of the athletes current status pertaining to the injury/illness in question.

Please note that BC Athletics will provide carding support for only 1 year under the Injury Card status.

1.6 Marathon Development

As part of the Long Term Athlete Development (LTAD) model that appreciates the length of time required to develop national and world class marathoners. Athletes who have road running performances at 10Km and Half Marathon distances in sanctioned events on certified courses should submit a BC AAP application. Under consideration will be the Age Performance Standards for 10Km, and Half Marathon. Further information may be required from the athlete and personal coach.

1.7 NCAA Athletes

Athletes attending and NCAA Division I Institution can accept BC AAP funding as of August 1, 2013. Under NCAA bylaw 12.1.2.4.7 the definition of entities that can issue support under "Training Expenses" is extended to "...a government entity." This includes BC Athletics. Because there is reasonable access to training facilities and competition travel during the school year (fall-late spring), BC Athletics NCAA athletes who are selected for funding will receive funding for the summer program (June-August or 3 months).

1.8 Sport Canada Carded Athletes

Athletes who may be Nationally Carded for (2016-17) are also encouraged to apply for BC AAP funding. Limited funding may be provided (funding permitting). All Nationally Carded Athletes must comply with the eligibility requirements and funding commitments of the BC AAP program, and must apply for funding in order to be considered.

2.0 ELIGIBILITY

2.1 BC Athletes Assistance Program (AAP)

Athletes wishing to be considered for funding must meet the following eligibility requirements as set forth by BC Athletics and the Province of British Columbia.

ELIGIBLE athletes must:

- a. Meet the BC Athletics General Criteria for Funding and Selection;
- b. Be a member in good standing with BC Athletics;
- c. Meet the BC Athlete Assistance Program requirements of athlete eligibility and commitment;
- d. Be at least 17 years of age during the qualifying period (October 1, 2015 – September 30, 2016);
- e. Have completed the online application including the submissions of a Yearly Training Plan (YTP) and all necessary documents;
- f. Compete in a BC Athletics Championships for their age group unless they have received an exemption for one or more of the following reasons:

Exemption 1: Injury or Illness. Notification must be provided prior to the start of the BC Championships. Only notification from a medical doctor will be accepted;

- Exemption 2: Competing on an Athletics Canada, BC Athletics or TeamBC team. Notification must be provided to the BC Athletics technical manager before or at the time of selection to such teams;
- Exemption 3: Domestic Affliction. Defined as a personal or family tragedy, incident or emergency that does not allow an athlete to attend the BC Championships, or accept selection to a BC Team. Notification must be made to the BC Athletics technical manager as soon as it is possible to do so;
- Exemption 4: Education, Exam or Graduation Commitment. A letter from a “school representative” must be provided to BC Athletics prior to the start of the BC Championships or selection to a BC

IN-ELIGIBLE athletes are those athletes who:

- a. Those athletes attending a post-secondary school that forbids the receipt of financial assistance;
- b. Those athletes who are in receipt of BC Athlete Assistance of Sport Canada Funding in a sport other than Athletics (unless so arranged between sports);
- c. Those athletes not meeting the eligibility criteria listed above;
- d. Those athletes who are under suspension by BC Athletics, Athletics Canada or Sport Canada for any doping related offence, or any offence warranting such penalty.

2.2 Enhanced Excellence Program (IPS)

Athletes wishing to be considered for Enhanced Excellence must meet the following eligibility requirements as set forth by BC Athletics and the Canadian Sport Institute Pacific.

ELIGIBLE athletes must:

- a. Meet the BC Athletics General Criteria for Funding and Selection;
- b. Be a member in good standing with BC Athletics;
- c. Meet the BC Athlete Assistance Program requirements of athlete eligibility and commitment;
- d. Be at least 15 years of age during the qualifying period (October 1, 2015 – September 30, 2016). 16 years of age in nomination cycle;
- e. Have completed the online application including the submissions of a Yearly Training Plan (YTP) and all necessary documents;
- f. Compete in a BC Athletics Championships for their age group unless they have received an exemption for one or more of the following reasons:

- Exemption 1: Injury or Illness. Notification must be provided prior to the start of the BC Championships. Only notification from a medical doctor will be accepted;
- Exemption 2: Competing on an Athletics Canada, BC Athletics or TeamBC team. Notification must be provided to the BC Athletics technical manager before or at the time of selection to such teams;
- Exemption 3: Domestic Affliction. Defined as a personal or family tragedy, incident or emergency that does not allow an athlete to attend the BC Championships, or accept selection to a BC Team. Notification must be made to the BC Athletics technical manager as soon as it is possible to do so;

Exemption 4: Education, Exam or Graduation Commitment. A letter from a “school representative” must be provided to BC Athletics prior to the start of the BC Championships or selection to a BC

3.0 APPLICATION FOR ATHLETE SUPPORT

All athletes wishing to be considered for High Performance Athlete Support must complete the application process outlined below. The same application process will be used for both Enhanced Excellence (services) and Athlete Assistance (financial).

3.1 Yearly Training Plan (YTP)

All athlete wishing to be considered for BC Athlete Assistance (Financial Support) and/or Enhanced Excellence Support (Services) must submit as part of their application a Yearly Training Plan. For more information on Yearly Training Plans, please visit the [Yearly Training Plan webpage](#). The webpage will also include examples of formats used by coaches. Please note that any YTP’s must clearly indicate the following information:

- Athlete and Coach’s Name;
- Seasonal Goals;
- Key Performance Indicators;
- Planning and Debriefing Meetings (with coach and athlete support system);
- Planned Training Phases;
- Planned Training Dates;
- Planned Competitions (Competition Plan);
- Planned Testing & Evaluations;
- Planned Volume & Intensities;
- Planned Training Camps;
- Planned Recovery and Prevention Sessions (i.e. massage).

Yearly Training Plans must be uploaded on the Online Application (see below) under the section “Yearly Training Plan.” The Yearly Training Plan is important in helping BC Athletics and its High Performance partners with understanding an athletes planned progress to achieving their goals, and maintaining a high level of performance. Yearly Training Plans will be reviewed by the Track & Field Committee prior to releasing funds or confirmation letters for athlete support.

3.2 Online Application

All athletes wishing to be considered for Athlete Support must complete the High Performance Athlete Support Application. This is an online form. Athletes must upload all documentation including their YTP for the upcoming season (funding cycle) and any additional supporting documents required (i.e. Injury Status). Once completed and submitted, a copy of the application will be sent to BC Athletics and the personal coach. The personal coach will need to reply to the notification email that they agree and approve of the information submitted.

3.3 Supporting Documents

In certain cases, athletes will need to submit supporting documents as a requirement for the application process. Please see below for types of supporting documents athletes must submit.

a. Injury Status

Athletes who wish to be considered for Athlete Support under Injury Status (see: Section 1.4) must submit the following supporting documents:

- i. A Letter/Note from a Medical Doctor outlining the nature of the injury, the recommendations given and an update on the status of the athlete. Notes from a physio therapist, massage therapist or personal trainer will not be accepted.
 - ii. A Letter from the personal coach detailing the athletes training progress since the injury including an update on the athlete current status at the time the application is submitted.
- b. BC Championships Exemption
Please note that athletes wishing to be considered for an exemption to the BC Championships must submit the necessary paperwork to the BC Athletics Technical Manager prior to the start of the Championships. This can be fulfilled by submitting an email or letter to the BC Athletics Technical Manager (garrett.collier@bcathletics.org). Any documentation or exemptions requested after the start of the BC Championships will be ruled upon on a case by case basis by the BC Athletics Track & Field Committee.

4.0 SELECTION

For both the BC Athlete Assistance Program, and the Enhanced Excellence program, athletes select themselves based on their performances throughout the year. All performances must be achieved in sanction competitions, and therefore listed on the Athletics Canada rankings list ([link](#)). All performances must meet the rules for recognizing performances (i.e. legal wind readings etc...).

4.1 Selection process for BC Athlete Assistance

a. BC AAP Specific Selection Criteria

1. Athletes need to meet the minimum age performance standard (see Appendix C & B) in the event (one only) they wish to be carded in within the established qualification period. Other athletes may be considered by nearness to the age performance standard if funds are available (see below).
2. Athletes will also have a point score tallied based on performance points (see below).

b. Percentage of Age Performance Standards (PAPS)

Achieving the age performance standard enters the athlete into the selection pool for consideration of funding. Achieving the age performance standard is not a guarantee of selection for funding. BC Athletics will calculate your percentage of age performance standard.

BC Athletics have published Age Performance Standards for women (see: Appendix B) and men (see: Appendix C). These performance standards are created in consultation with the Track & Field Committee and BC Athletics staff. Standards take into consideration a wide variety of factors. These standards are currently revisited annually.

Athletes who have achieved a performance near to their age performance standard, but not surpassing it, are encouraged to apply for BC AAP funding. This is recommended as these athletes may be considered for funding if all athletes who achieved the minimum athlete performance standard have been selected, and available funds remain.

An athlete's point total for age performance standard is designated through the percentage of age performance standard (PAPS). For example, if an athlete is 102.587% of their APS, then their PAPS is 102.587 points.

c. Performance Points (PP)

Athletes are assigned performance points based on their achievements during the qualification period (see: Appendix E). Points are assigned for the following:

- i. The percentage off the IAAF 2012 Olympic Entry Standard (see: Appendix D);
- ii. Placing at Canadian Championships: an athlete's placing at the national Senior, Junior or Legion Youth championships in track & field, marathon, road running or cross country. Senior is weighted higher than Junior, which is weighted higher than Youth. An athlete can score in only one age group;
- iii. Canadian Ranking: an athlete's national ranking in their age group, Senior, Junior or Youth. Senior is weighted higher than Junior, which is weighted higher than Youth. An athlete can score in only one age group;
- iv. Placing at BC Championships: an athlete's placing at the provincial Senior, Junior or Legion Youth championships in track & field, marathon or road running. All places in each age group are scored equally. An athlete can score in only one age group;
- v. BC Ranking: an athlete's provincial ranking in their age group, Senior, Junior or Youth. All rankings in each age group are scored equally. An athlete can score in only one age group;
- vi. BC Team Selection: athletes selected to a provincial team for Senior, Junior, Legion Youth Western Canada Summer Games and Canada Summer Games. Senior is weighted higher than Junior, which is weighted higher than Youth. An athlete can score for any 2 teams;
- vii. Canadian Team Selection: athletes selected to a national team for Senior, National Development, Junior and Youth teams. Senior teams are weighted higher than National Development teams, which are weighted higher than Junior teams, which is weighted higher than Youth teams. Athletes can score only one team;
- viii. Improvement Points: Points are also awarded to athletes who have shown improvement over the previous year. Improvement is measured against the IAAF Olympic Entry Standards. Athletes improving in performance to place within 6% or higher of the IAAF Olympic Entry Standard are awarded improvement points. Two performances in one event can be scored.
- ix. An athlete's point total for performance points is designated through the percentage of performance points (POPP). For example, if an athlete scores 98 points (PP) out of a possible 107 points, then they would have a percentage of 91.600%. Their POPP is therefore 91.600 points.

d. Athlete Scorecard and Ranking List

After scoring each athlete, athletes and their personal coaches will be provided with a copy of the athlete's scorecard. After the scorecard has been sent, athletes and their personal coaches will have 7 days to review, sign and return the athlete scorecard to BC Athletics (via email)

After all scorecards have been returned, BC Athletics will release a ranking list (website) of athletes based on their scores. After this has been released, BC Athletics will determine those athletes that will receive funding.

4.2 Enhanced Excellence Program Specific Selection Process

For information on selection for Enhanced Excellence, please [CLICK HERE](#).

4.3 Qualification Period

The qualification period for athletes to obtain a legal performance, performance achievement items and the BC Championships criteria is October 1, 2015 - September 30, 2016

4.4 Program Timelines

BC Athletics will make every effort to this timeline. Circumstances sometimes require adjustments, therefore athletes and personal coaches are please asked to monitor their email for important updates.

Circulation of BC Athlete Assistance information	October 10
Application deadline	November 10
Circulation of Funding	January 2017

5.0 APPEALS

Athletes may appeal the decisions of the selection committee based on the: (1) The award level or amount for which they have been recommended or (2) The athlete has not been recommended for athlete assistance, and believes they should be, based only on the published criteria.

5.1 Appeals Deadline

All appeals must be received by BC Athletics within 48 hours of the posting of BC High Performance Athlete Support targeted athlete list on the BC Athletics website.

5.2 Appeals Process

All appeals must be based on the criteria as outlined above. The process for BC AAP appeals is the following:

- Step 1 Athletes must submit a Formal Letter of Appeal to the BC Athletics Technical Manager (via email) no later than the published deadline (see above).
- Step 2 All appeals will be forwarded to the Track & Field Committee and staff for decision. The initial appeal decision will be sent to the athlete and personal coach of the athlete via email, and will require a confirmation signature from both.
- Step 3 If the initial appeal is accepted, the athlete and personal coach must sent the Appeals Sign-Off form.
- Step 4 If the initial appeal is not accepted, a Formal Letter of Appeal is to be submitted to the President/CEO of BC Athletics no later than 5 days after the initial appeal is received. The final appeal is then considered by the BC Athletics Appeals committee of the Board of Directors.
- Step 5 The Final Appeal will be communicated back to the athlete and personal coach by the BC Athletics President/CEO. The decision of the appeals committee shall be final.

6.0 QUESTIONS

For any questions relating to BC Athlete Assistance, please contact the BC Athletics office.

APPENDIX A: Athlete Level, Status and Funding Amounts

Award Level	Performance Level	Award Amounts			
		Working	Post-Secondary		Secondary School
			Non-NCAA	NCAA	
LEVEL 5	<ul style="list-style-type: none"> - National Senior Team - World Class¹ 	Up to 20% of annual Sport Canada funding received by athlete; OR up to \$2250 if not nationally carded.	Up to 25% of annual Sport Canada funding received by athlete; OR up to \$3500 if not nationally carded.	Up to 25% of annual Sport Canada funding received by athlete; OR up to \$875 if not nationally carded.	Up to \$2000
LEVEL 4	<ul style="list-style-type: none"> - National Team Pool² - National Training Centre 	Up to 15% of annual Sport Canada funding received by athlete; OR up to \$2000 if not nationally carded.	Up to 20% of annual Sport Canada funding received by athlete; OR up to \$3500 if not nationally carded.	Up to 20% of annual Sport Canada funding received by athlete; OR up to \$875 if not nationally carded.	Up to \$1500
LEVEL 3	<ul style="list-style-type: none"> - National Senior Development Team - National Junior Team - Canada Games Team - Provincial Senior Team 	Up to 10% of annual Sport Canada funding received by athlete; OR up to \$1750 if not nationally carded.	Up to 15% of annual Sport Canada funding received by athlete; OR up to \$3000 if not nationally carded.	Up to 15% of annual Sport Canada funding received by athlete; OR up to \$750 if not national carded	Up to \$1000
LEVEL 2	<ul style="list-style-type: none"> - National Youth Team - Provincial Junior Team - Western Canada Games Team 	Up to \$1500	Up to \$2500	Up to \$625	Up to \$750
LEVEL 1	<ul style="list-style-type: none"> - Provincial Youth Team - Elite Club - University/College 	Up to \$1250	Up to \$2000	Up to \$500	Up to \$500

1 - defined as top 36 on [IAAF Senior Age Lists](#).

2 - defined as leading to a recognized Multi-Sport Games (example: Pan Am Games, Commonwealth Games, Olympics Games etc...)

APPENDIX B: 2016-2019 BC Athlete Assistance MALE Age Performance Standards

Event	18	19	20	21	22	23	24	25	26	27	28	29	30
100m	10.80	10.76	10.71	10.67	10.63	10.59	10.54	10.50	10.47	10.45	10.42	10.39	10.37
200m	21.75	21.67	21.59	21.51	21.44	21.36	21.28	21.20	21.12	21.07	21.01	20.95	20.92
400m	48.45	48.27	48.09	47.91	47.74	47.56	47.38	47.20	47.05	46.89	46.74	46.58	46.43
800m	1:52.50	1:52.00	1:51.50	1:51.00	1:50.50	1:50.00	1:49.50	1:49.00	1:48.83	1:48.67	1:48.50	1:48.33	1:48.16
1500m	3:52.00	3:51.00	3:50.00	3:49.00	3:48.00	3:47.00	3:46.00	3:45.00	3:44.12	3:43.96	3:43.79	3:43.62	3:40.61
3000m	8:25.00	8:22.00	N/A										
5000m	14:35.00	14:30.00	14:25.00	14:20.00	14:15.00	14:10.00	14:05.00	14:00.00	13:55.88	13:51.76	13:47.63	13:43.51	13:39.39
10000m	31:00.00	30:45.00	30:30.00	30:15.71	30:00.43	29:45.14	29:30.86	29:20.00	29:07.80	28:55.59	28:43.39	28:31.18	28:18.98
110mH	14.55	14.35	14.50	14.40	14.30	14.20	14.10	14.00	13.95	13.90	13.85	13.80	13.74
400mH	53.50	53.18	52.86	52.54	52.21	51.89	51.57	51.25	51.10	50.95	50.81	50.66	50.51
3000mSC	9:10.00	9:05.71	9:01.43	8:57.14	8:52.86	8:48.57	8:44.29	8:40.00	8:38.60	8:37.20	8:35.80	8:34.40	8:33.00
Pole Vault	4.60	4.70	4.80	4.90	5.00	5.10	5.20	5.30	5.36	5.42	5.48	5.54	5.61
High Jump	2.05	2.07	2.09	2.11	2.13	2.15	2.17	2.19	2.20	2.22	2.23	2.25	2.26
Long Jump	7.05	7.13	7.21	7.29	7.36	7.44	7.52	7.60	7.66	7.72	7.78	7.84	7.90
Triple Jump	14.20	14.44	14.69	14.93	15.17	15.41	15.66	15.90	16.09	16.28	16.47	16.66	16.86
Shot Put	16.00	16.75	15.51	15.95	16.39	16.82	17.26	17.70	18.18	18.66	19.13	19.61	20.09
Discus	48.00	51.00	45.37	47.80	50.22	52.65	55.07	57.50	58.74	59.98	61.22	62.46	63.70
Hammer	61.00	63.00	60.00	61.60	63.20	64.80	66.40	68.00	69.69	71.38	73.06	74.75	76.44
Javelin	58.00	59.86	61.71	63.57	65.43	67.29	69.14	71.00	72.87	74.74	76.62	78.49	80.36
Decathlon	6500	6650	6800	6950	7100	7250	7400	7250	7407	7564	7722	7879	8036
H Marathon			1:08:09	1:07:34	1:06:59	1:06:41	1:05:47	1:05:12	1:04:37	1:04:02	1:03:26	1:02:51	1:02:16
Marathon					2:24:25	2:23:44	2:21:41	2:20:19	2:18:58	2:17:36	2:16:14	2:14:52	2:13:30
10K RW	49:04.00	48:13.00	47:22.00	46:47.00	46:13.00	45:40.00	45:06.00	43:23.00	42:54.00	42:25.00	41:56.00	41:27.00	40:57.00
20K RW			1:37:35	1:36:25	1:35:16	1:34:11	1:33:03	1:29:37	1:28:39	1:27:41	1:26:43	1:25:46	1:24:46
50K RW			4:42:18	4:38:27	4:34:38	4:31:03	4:27:20	4:16:01	4:12:48	4:09:36	4:06:26	4:03:18	4:00:01

APPENDIX C: 2016-2019 BC Athlete Assistance FEMALE Age Performance Standards

Event	18	19	20	21	22	23	24	25	26	27	28	29	30
100m	12.00	11.96	11.91	11.87	11.83	11.79	11.74	11.70	11.67	11.64	11.62	11.59	11.56
200m	24.50	24.40	24.30	24.20	24.10	24.00	23.90	23.80	23.70	23.67	23.65	23.62	23.67
400m	55.50	55.21	54.93	54.64	54.36	54.07	53.79	53.50	53.41	53.32	53.24	53.15	53.06
800m	2:09.50	2:08.86	2:08.21	2:07.57	2:06.93	2:06.29	2:05.64	2:05.00	2:04.69	2:04.39	2:04.08	2:03.78	2:03.47
1500m	4:28.20	4:26.74	4:25.29	4:23.83	4:22.37	4:20.91	4:19.46	4:18.00	4:16.71	4:16.40	4:16.09	4:15.79	4:11.53
3000m	9:40.00	8:22.00											
5000m	17:00.00	16:52.14	16:44.29	16:36.43	16:28.57	16:20.71	16:12.86	16:05.00	15:59.76	15:54.51	15:49.27	15:44.02	15:38.78
10000m			35:40.00	35:20.00	35:00.00	34:40.00	34:20.00	34:00.00	33:43.84	33:27.67	33:11.51	32:55.35	32:39.18
100mH	14.35	14.24	14.14	14.03	13.92	13.81	13.71	13.60	13.52	13.45	13.37	13.30	13.22
400mH	60.75	60.36	59.96	59.57	59.18	58.79	58.39	58.00	57.73	57.45	57.18	56.91	56.63
3000mSC	10:35.00	10:30.71	10:26.43	10:22.14	10:17.86	10:13.57	10:09.29	10:05.00	10:13.18	10:01.37	9:59.55	9:57.73	9:55.92
Pole Vault	3.60	3.68	3.76	3.84	3.91	3.99	4.07	4.15	4.20	4.25	4.31	4.36	4.41
High Jump	1.73	1.75	1.76	1.78	1.80	1.82	1.83	1.85	1.86	1.87	1.88	1.89	1.9012
Long Jump	5.70	5.78	5.86	5.94	6.01	6.09	6.17	6.25	6.31	6.38	6.44	6.50	6.57
Triple Jump	12.00	12.19	12.37	12.56	12.74	12.93	13.11	13.30	13.42	13.55	13.67	13.79	13.92
Shot Put	13.50	13.79	14.07	14.36	14.64	14.93	15.21	15.50	15.88	16.26	16.64	17.02	17.40
Discus	45.00	46.14	47.29	48.43	49.57	50.71	51.86	53.00	54.36	55.71	57.07	58.42	59.78
Hammer	52.00	53.43	54.86	56.29	57.71	59.14	60.57	62.00	63.32	64.64	65.96	67.28	68.6
Javelin	44.50	45.71	46.93	48.14	49.36	50.57	51.79	53.00	54.36	55.71	57.07	58.42	59.78
Heptathlon	4800	4900	5000	5100	5200	5300	5400	5500	5591	5681	5772	5863	5954
H Marathon			1:15:20	1:14:55	1:14:30	1:14:06	1:13:41	1:13:15	1:12:51	1:12:25	1:12:01	1:11:37	1:11:12
Marathon						2:38:34	2:37:34	2:36:33	2:35:32	2:34:32	2:33:31	2:32:31	2:31:30
10K RW	51:18.00	51:15.00	51:10.00	50:40.00	50:00.00	49:23.00	48:44.00	48:05.00	47:35.00	47:04.00	46:32.00	46:01.00	45:30.00
20K RW			1:45:41	1:44:24	1:43:03	1:41:47	1:40:26	1:39:07	1:38:07	1:37:02	1:36:28	1:34:54	1:33:51