

APPENDIX A / ANEXO A / ANNEXE A / ANHANG A

WMA Hurdles and Implement Specifications

WMA Valles y Implementos

WMA Specifications pour les Haies et les Engins

WMA Hürden und Geräte

1. Hurdles / Haies / Hürden / Vallas

| | WOMEN | Age Groups | Race Distance | Hurdle Height | Number of Hurdles | Distance To First | Distance Between | Distance To Finish |
|---------------------|--------------|------------|---------------|---------------|-----------------------------|-------------------|------------------|--------------------|
| Indoor | W35-39 | 60m | .840m(33") | 5 | 13m | 8.5m | 13m | |
| | | W40-49 | .762m(30") | 5 | 12m | 8m | 16m | |
| | | W50-59 | .762m(30") | 5 | 12m | 7m | 20m | |
| | | W60+ | .686m(27") | 5 | 12m | 7m | 20m | |
| Short | W35-39 | 100m | .840m(33") | 10 | 13m | 8.5m | 10.5m | |
| | | W40-49 | .762m(30") | 8 | 12m | 8m | 12m | |
| | | W50-59 | .762m(30") | 8 | 12m | 7m | 19m | |
| | | W60+ | .686m(27") | 8 | 12m | 7m | 19m | |
| Long | W35-49 | 400m | .762m(30") | 10 | 45m | 35m | 40m | |
| | | W50-59 | .762m(30") | 7 | 50m | 35m | 40m | |
| | | W60-69 | .686m(27") | 7 | 50m | 35m | 40m | |
| | | W70+ | .686m(27") | 5 | 20m | 35m | 40m | |
| Steeplechase | | | | | | | | |
| | | W35+ | 2000m | .762m(30") | 18 barriers & 5 water jumps | | | |
| | MEN | Age Groups | Race Distance | Hurdle Height | Number of Hurdles | Distance To First | Distance Between | Distance To Finish |
| Indoor | M35-49 | 60m | .991m(39") | 5 | 13.72m | 9.14m | 9.72m | |
| | | W50-59 | .914m(36") | 5 | 13m | 8.5m | 13m | |
| | | W60-69 | .840m(33") | 5 | 12m | 8m | 16m | |
| | | W70-79 | .762m(30") | 5 | 12m | 7m | 20m | |
| Short | W80+ | 60m | .686m(27") | 5 | 12m | 7m | 20m | |
| | | M35-49 | 110m | .991m(39") | 10 | 13.72m | 9.14m | 14.02m |
| | | M50-59 | 100m | .914m(36") | 10 | 13m | 8.5m | 10.5m |
| | | M60-69 | 100m | .840m(33") | 10 | 12m | 8m | 16m |
| Long | M70-79 | 80m | .762m(30") | 8 | 12m | 7m | 19m | |
| | | M80+ | 80m | .686m(27") | 8 | 12m | 7m | 19m |
| | | M35-49 | 400m | .914m(36") | 10 | 45m | 35m | 40m |
| | | M50-59 | 400m | .840m(33") | 10 | 45m | 35m | 40m |
| | | M60-69 | 300m | .762m(30") | 7 | 50m | 35m | 40m |
| | | M70-79 | 300m | .686m(27") | 7 | 50m | 35m | 40m |
| | | M80 + | 200m | .686m(27") | 5 | 20m | 35m | 40m |
| Steeplechase | | | | | | | | |
| | | M35-59 | 3000m | .914m(36") | 28 barriers & 7 water jumps | | | |
| | | M60+ | 2000m | .762m(30") | 18 barriers & 5 water jumps | | | |

APPENDIX A continued

2. Implements / Implementos / Engins / Gerate

| | Age | Hammer | Shot Put | Discus | Javelin | Weight |
|--------------|------------|---------------|-----------------|---------------|----------------|-------------------|
| WOMEN | W35-49 | | 4K | 4K | 1.0K | 600G 9.08K (20#) |
| | W50-59 | | 3K | 3K | 1.0K | 500G 7.26K (16#) |
| | W60-74 | | 3K | 3K | 1.0K | 500G 5.45K (12#) |
| | W75+ | | 2K | 2K | .75K | 400G 4.00K (8.9#) |
| MEN | M35-49 | | 7.26K(16#) | 7.26K(16#) | 2.0K | 800G 15.88K (35#) |
| | M50-59 | | 6K | 6K | 1.5K | 700G 11.34K (25#) |
| | M60-69 | | 5K | 5K | 1.0K | 600G 9.08K (20#) |
| | M70-79 | | 4K | 4K | 1.0K | 500G 7.26K (16#) |
| | M80+ | | 3K | 3K | 1.0K | 400G 5.45K (12#) |

3. Shot Put / Poids / Kugel / Peso

Weight minimum for
admission to Competition
and for acceptance of a record

Information for Manufacturers :
Usual range for supply
of implements for competition

| Diameters : | | | | | |
|--------------------|----------|-------------|-------------|--------------|-------|
| | | Min. | Max. | Men | |
| | | Men | Men | Women | |
| 7.260K | 7.265K - | 7.285K | 110mm | 130mm | ----- |
| 6.000K | 6.005K - | 6.025K | 105mm | 130mm | ----- |
| 5.000K | 5.005K - | 5.025K | 100mm | 130mm | ----- |
| 4.000K | 4.005K - | 4.025K | 95mm | 130mm | 110mm |
| 3.000K | 3.005K - | 3.025K | 85mm | 130mm | 110mm |
| 2.000K | 2.005K- | 2.025K | 80mm | ----- | 110mm |

4. Discus / Disco / Disque / Diskus

See IAAF Rule 189 for Discus Specifications 1KG, 1.5KG, 2KG

| | |
|--|-------------|
| Weight Minimum for admission to competition and for acceptance of record. | .750KG |
| Range for supply of implement for competition | .755-.775KG |
| Outside Diameter of metal rim | 166-182mm |
| Diameter of metal plate or flat center area | 50-57mm |
| Thickness of metal plate or flat center area | 33-37mm |
| Thickness of rim (6mm from edge) | 10-13mm |

APPENDIX A continued

5. Javelin/ Jabalina / Javelot / Speer

See IAAF Rule 193 for Javelin Specifications 800g, 700g, 600g, 500g

| | |
|--|---------------------|
| Weight minimum for admission to competition and for acceptance of a record | 400g |
| Range for supply of implement for competition | 405-425g |
| Overall length | min 1.85m max 1.95m |
| Length of metal head | min 200mm max 250mm |
| Distance from tip of metal head to center of gravity | min 0.75m max 0.80m |
| Diameter of shaft at thickest point | min 20mm max 23mm |
| Width of cord grip | min 130mm max 140mm |

The grip, which shall cover the centre of gravity, shall not exceed the diameter of the shaft by more than 8mm.

6. Hammer / Martillo / Marteau / Hammer

| Weight minimum for Admission to competition and for acceptance of a record | Information for Manufacturers : Usual range for supply of implements for competition | Diameter of Head |
|--|--|----------------------------------|
| 7.260K | Minimum / Maximum 7.265K - 7.285K | Minimum / Maximum 110mm 130mm |
| 6.000K | 6.005K - 6.025K | 105mm 125mm |
| 5.000K | 5.005K - 5.025K | 100mm 120mm |
| 4.000K | 4.005K - 4.025K | 95mm 110mm |
| 3.000K | 3.005K - 3.025K | 85mm 100mm |
| 2.000K | 2.005K - 2.025K | 75mm 100mm |

Length of Hammer measured from inside the handle

Maximum (minimum no longer required IAAF Rule 191.8

Weight

| | |
|---------------|--------|
| 7.26 & 6.0 K | 1215mm |
| 5.0 K | 1200mm |
| 4.0 -3.0-2.0K | 1195mm |

APPENDIX A continued

7. Weight / Pesa / Grand Poids / Gewicht

Outdoor Implement:

Construction: The weight shall consist of three parts: a metal head, the link, and a Handle (grip).

Head: The head shall be spherical and of solid iron or other metal not softer than brass or a shell of such metal, filled with lead or other solid material. If a filling is used, this must be inserted in such manner that it is immovable. The centre of gravity of the head, less the link(s) and the handle, shall not be more than 9MM from the center of the sphere.

Link: The head shall be connected to the handle by means of metal link(s). The link(s) shall be of sufficient strength to insure that the link(s) cannot stretch appreciably while the weight is being thrown.

Handle (Grip): The handle (grip) may be either of single or double loop construction but must be rigid and without hinging joints of any kind. It must not stretch appreciably while being thrown. It must attached to the link(s) in such a manner that it cannot be turned within the link(s) to increase the overall length of the weight.

Connections: The links shall be connected to the head by means of a swivel, which may be either plain or ball bearing. A swivel may not be used to connect the handle to the link(s).

| Weight minimum for admission to competition and for acceptance of records | Information for Manufacturers : Usual range for supply of implements for competition | Diameter of Head |
|---|---|---------------------|
| 15.88K | Minimum / Maximum 15.885K -15.905K | 145mm 165mm |
| 11.34K | 11.345K -11.365K | 130mm 150mm |
| 9.08K | 9.085K - 9.105K | 120mm 140mm |
| 7.26K | 7.265K - 7.285K | 110mm 130mm |
| 5.45K | 5.455K - 5.475K | 100mm 120mm |
| 4.00K | 4.005K- 4.025K | 95mm 110mm |

Length: The length shall be not more than 410mm measured from inside of the handle (grip).

APPENDIX A continued

Weight / Pesa / Grand Poids / Gewicht

Indoor Implement:

Construction: The weight shall consist of three parts: a head, a handle (grip), and a connection assembly which may contain a harness. The construction shall be such that no damage will be caused when landing on a normal sport hall floor.

Head: The head shall have a spherical soft plastic or rubber case filled with suitable material. The head shall return to its spherical shape after impact. If a filling is used, it must be inserted in such a manner that it is immovable. The center of gravity shall be not more than 9mm from the center of the head with the connection, handle, and harness removed or suspended.

Handle: The handle may be as permitted in the hammer or may be made of round metal rod not to exceed 12.7mm in diameter. This rod is to be bent in a triangular shape so that no side exceeds 190mm nor is smaller than 100mm, inside measurement. A handle with no permanent connection point must have three sides of equal length. The handle shall be designed in such a manner so as to not stretch appreciably during a throw.

Connection: The head shall be connected to the handle by means of a harness and up to two metal links separated by an optional swivel. The harness shall have a minimum of four straps securely sewn together to form a sling. The links, swivel, and harness must not stretch appreciably during a throw.

| Weight minimum for admission to competition and for acceptance of records | Information for Manufacturers Usual range for supply of implements for competition | Diameter of Head |
|---|---|------------------|
| 15.88K | Minimum / Maximum 15.885K -15.905K | 145mm 180mm |
| 11.34K | 11.345K -11.365K | 130mm 165mm |
| 9.08K | 9.085K - 9.105K | 120mm 155mm |
| 7.26K | 7.265K - 7.285K | 110mm 145mm |
| 5.45K | 5.455K - 5.475K | 100mm 135mm |
| 4.00K | 4.005K- 4.025K | 95mm 110mm |

Length: The length shall be not more than 410mm measured from inside of the handle.

APPENDIX B / ANEXO B / ANNEXE B / ANHANG B

Scoring of WMA Combined Events Competitions

The scoring of Master's Combined Events competitions is as follows. In all events the scoring procedure is exactly like normal IAAF Combined Events scoring with the addition of one additional step. That additional step is that the actual performance in each event is multiplied by the appropriate Age Factor to arrive at an Age Factored Performance. This Age Factored Performance (AFP) is then looked up in the current IAAF Combined Events Scoring Tables in the normal manner.

Age Factors: The Age factors to be used for each gender and age group are listed in the appropriate WMA Appendix. Use the full, four place, number for Age Factoring. Round the result of the multiplication as shown below. **Note:** the Age Factors automatically correct for the reducing WMA implements and distances. So a M65-69 man throwing a 5 kilogram Shot can be looked up in the standard IAAF scoring table for the 7.26 kilogram shot put after multiplying his actual performance times the Age Factor because the Age Factor takes into account the fact that he is throwing a smaller Shot. The same is true with a W60-64 woman running 80 meter hurdles, .762 meter high with 7 meter spacing. The Age Factor automatically produces an Age Factored Performance that can be looked up in the standard IAAF 100 Meter, .840 high, 8.5 meter spaced women's hurdle table.

Rounding: The general rule is that rounding is done so as to never give artificial aid to the performer. So, after multiplying the Actual Performance by the Age Factor, be sure to round all running events up to the higher one hundredth of a second and round all throwing and jumping events down to the shorter centimeter. Remember: Run up, Jump and Throw down.

Example:

M50-54 man runs a 13.12 second Actual Performance in the 100 Meter event.
13.12 times .8996 Age Factor equals an Age Factored Performance of .
11.802752 rounded up equals 11.81 to look up in the standard IAAF Combined Events scoring table.
11.81 is awarded 689 points.

Example:

W35-39 woman jumps a 1.47 meter Actual Performance in the High Jump.
1.47 times the 1.0512 Age Factor equals a 1.545264 Age Factored Performance.
1.545264 rounded down equals 1.54 to look up in the standard IAAF Combined Events scoring table.
1.52 is awarded 666 points.

Scoring Tables: The scoring tables to use are the current edition of the IAAF "Scoring Tables for Men's and Women's Combined Events Competitions" and the various supplements that the IAAF has published. (see below for the formulas that describe the scoring in the tables) If a performance is being scored that does not appear in the tables, be sure to move to the performance that results in less points being scored, not more.

Example:

Looking up a male 66.06 second 400 meter, the 66.09 score must be used not the 66.05 score.
66.06 is closer to 66.05 than it is to 66.09 but is faster than was actually ran.
66.06 therefore is awarded 230 points.

APPENDIX B continued

Example:

- Looking up a male 12.36 meter Shot Put, the 12.35 score must be used, not the 12.37 score.
- 12.36 is equally close to 12.37, but 12.37 is further than was actually thrown.
- 12.36 therefore is awarded 628 points.

Hand Timing: If Combined Events running events, from 400 meters down (including hurdles), are hand timed, the times have to be corrected before multiplying by the appropriate Age Factor. Then the score must be looked up in the fully automatic portion of the scoring Tables (Note :The hand timed portions of the scoring tables are never used in Master's Combined Events scoring).

Hand Timing Corrections :

The IAAF corrections to apply are:

| | |
|-----------------------|---|
| 50 through 300 Meters | add 0.24 seconds to the hand time |
| 400 Meters | add 0.14 seconds to the hand time |
| all above 400 Meters | add nothing (use auto or hand time as is) |

Example:

- M40-44 man runs a 17.7 second hand timed .991 meter (39") high, 110 meter hurdles.
- 17.7 plus .24 Correction equals 17.94.
- 17.94 times .9526 equals a 17.089644 Age Factored Performance.
- 17.089644 rounds up to 17.09 to look up in standard IAAF scoring table.
- 17.09 is awarded 615 points.

Example:

- A M70-74 Weight Pentathlete throws the 7.26 kilogram (16 pound) Weight 14.67 meters.
- 14.67 times the 1.1408 Age Factor equals an 16.735536 Age Factored Performance
- 16.735536 is rounded down to 16.73
- 16.73 is looked up in men's Weight table as 834 points.

IAAF Combined Events Scoring Formulas: The official IAAF scoring tables, as published in the IAAF "Scoring Tables for Men's and Women's Combined Events Competitions" are generated by the following mathematical formulas. The results of the formulas must be truncated to the integer and not rounded up. So a formula result of 674.999 is 674 points, not 675, and 872.001 is 872. The actual points formula are as follows with the three constants listed below for all of the Combined Events. Note that performances must be expressed in seconds, centimeters, or meters, as indicated.

Running Events: $\text{Points} = a (b - \text{Performance})^c$

Jumping and Throwing Events: $\text{Points} = a (\text{Performance} - b)^c$

APPENDIX B continued

| | | | | |
|---------------|--------------|-----------|----------|---------|
| Men: | 55 m | a=78.8196 | b=10.75s | c=1.81 |
| | 60 m | a=58.015 | b=11.5s | c=1.81 |
| | 100m | a=25.4347 | b=18s | c=1.81 |
| | 200m | a=5.8425 | b=38s | c=1.81 |
| | 300m | a=2.58503 | b=60.1s | c=1.81 |
| | 400m | a=1.53775 | b=82s | c=1.81 |
| | 1000m | a=.08713 | b=305.5s | c=1.85 |
| | 1500m | a=.03768 | b=480s | c=1.85 |
| | 55m Hurdles | a=54.5278 | b=14.25s | c=1.92 |
| | 60m Hurdles | a=20.5173 | b=15.5s | c=1.92 |
| | 110m Hurdles | a=5.74352 | b=28.5s | c=1.92 |
| | High Jump | a=.8465 | b=75cm | c=1.42 |
| | Pole Vault | a=.2797 | b=100cm | c=1.35 |
| | Long Jump | a=.14354 | b=220cm | c=1.40 |
| | Shot Put | a=51.39 | b=1.5m | c=1.05 |
| | Discus | a=12.91 | b=4m | c=1.10 |
| | Hammer | a=13.0449 | b=7m | c=1.05 |
| | Javelin | a=10.14 | b=7m | c=1.08 |
| | Weight | a=47.8338 | b=1.5m | c=1.05 |
| Women: | 55m | a=66.2501 | b=12s | c=1.81 |
| | 60 m | a=46.0849 | b=13s | c=1.81 |
| | 100m | a=17.857 | b=21s | c=1.81 |
| | 200m | a=4.99087 | b=42.5s | c=1.81 |
| | 400m | a=1.34285 | b=91.7s | c=1.81 |
| | 800m | a=.11193 | b=254s | c=1.88 |
| | 1000m | a=.07068 | b=337 | c=1.88 |
| | 1500m | a=.02883 | b=535 | c=1.88 |
| | 55m Hurdles | a=28.7345 | b=15.5s | c=1.835 |
| | 60m Hurdles | a=20.0479 | b=17s | c=1.835 |
| | 100m Hurdles | a=9.23076 | b=26.7s | c=1.835 |
| | High Jump | a=1.84523 | b=75cm | c=1.348 |
| | Pole Vault | a=.44125 | b=100 | c=1.35 |
| | Long Jump | a=.188807 | b=210cm | c=1.41 |
| | Shot Put | a=56.0211 | b=1.5m | c=1.05 |
| | Discus | a=12.3311 | b=3m | c=1.10 |
| | Hammer | a=17.5458 | b=6m | c=1.05 |
| | Javelin | a=15.9803 | b=3.8m | c=1.04 |
| | Weight | a=52.1403 | b=1.5m | c=1.05 |

APPENDIX B continued

AGE FACTORS TABLE

| MEN | MODEL 2014 | | | | | | | | | | | | | |
|--------------------------|--------------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------------------------------|
| | Age factors for Masters Events | | | | | | | | | | | | | |
| | M35 | M40 | M45 | M50 | M55 | M60 | M65 | M70 | M75 | M80 | M85 | M90 | M95 | M100 |
| 60m | ,9859 | ,9568 | ,9277 | ,8986 | ,8695 | ,8404 | ,8101 | ,7772 | ,7399 | ,6957 | ,6413 | ,5725 | ,4840 | ,2783 |
| 60m H (indoor) | ,9838 | ,9466 | ,9094 | ,8922 | ,8550 | ,8312 | ,7940 | ,7714 | ,7328 | ,6826 | ,6178 | ,5001 | ,4119 | ,3137 |
| 80m Hurdles | - | - | - | - | - | - | - | 1,0220 | ,9845 | ,8912 | ,8344 | ,7496 | ,6129 | ,2981 |
| 100m Hurdles | | | | ,9837 | ,9526 | ,9151 | ,8637 | | | | | | | |
| 110m / 0,991m | ,9901 | ,9462 | ,9087 | | | | | | | | | | | |
| 110m / 1,067m *1) | ,9837 | ,9462 | ,9087 | ,8712 | | | | | | | | | | |
| 100m | ,9869 | ,9578 | ,9287 | ,8996 | ,8705 | ,8414 | ,8111 | ,7782 | ,7409 | ,6967 | ,6423 | ,5735 | ,4850 | ,2735 |
| 200m | ,9837 | ,9536 | ,9235 | ,8934 | ,8633 | ,8332 | ,8007 | ,7642 | ,7215 | ,6697 | ,6051 | ,5231 | ,4181 | ,2668 |
| 200m Hurdles | | | | | | | | | | | | | | ,09641 0,8877 ,7627 ,6118 ,2718 |
| 300m Hurdles | | | | | | ,8568 | ,7852 | ,7046 | ,6146 | | | | | |
| 400m Hurdles | 1,000 | ,9572 | ,9144 | ,8716 | ,8288 | | | | | | | | | |
| 400m | ,9654 | ,9354 | ,9054 | ,8754 | ,8454 | ,8154 | ,7836 | ,7460 | ,6984 | ,6363 | ,5548 | ,4485 | ,3114 | ,2469 |
| 800m | ,9917 | ,9560 | ,9203 | ,8847 | ,8490 | ,8133 | ,7776 | ,7420 | ,6924 | ,6281 | ,5478 | ,4498 | ,3318 | ,2417 |
| 1.000m (indoor) | ,9928 | ,9537 | ,9146 | ,8755 | ,8364 | ,7968 | ,7561 | ,7111 | ,6588 | ,5952 | ,5153 | ,4127 | ,2791 | ,1908 |
| 1.500m | ,9913 | ,9519 | ,9125 | ,8731 | ,8337 | ,7939 | ,7529 | ,7079 | ,6556 | ,5920 | ,5121 | ,4095 | ,2759 | ,1908 |
| 2000m St Ch | | | | | | 1,2434 | 1,1572 | 1,0645 | ,9643 | ,8546 | ,7324 | ,6072 | ,4736 | ,3765 |
| 3000m St Ch | 1,0000 | ,9539 | ,9078 | ,8617 | ,8156 | | | | | | | | | |
| 3000m | 1,0000 | ,9652 | ,9304 | ,8956 | ,8608 | ,8260 | ,7898 | ,7487 | ,6986 | ,6347 | ,5515 | ,4428 | ,3017 | ,1868 |
| 5000m | 1,0000 | ,9651 | ,9302 | ,8953 | ,8604 | ,8255 | ,7892 | ,7480 | ,6978 | ,6338 | ,5505 | ,4417 | ,3005 | ,1868 |
| 10000m | 1,0000 | ,9648 | ,9296 | ,8944 | ,8592 | ,8240 | ,7858 | ,7418 | ,6885 | ,6217 | ,5365 | ,4273 | ,3174 | ,1868 |
| High Jump | 1,0260 | 1,0486 | 1,1022 | 1,1617 | 1,2280 | 1,3025 | 1,3869 | 1,4832 | 1,5943 | 1,7241 | 1,8779 | 2,0635 | 2,2925 | 3,5000 |
| Pole Vault | 1,0168 | 1,0773 | 1,1481 | 1,2272 | 1,3182 | 1,4236 | 1,5475 | 1,6949 | 1,8733 | 2,0938 | 2,3730 | 2,7382 | 3,2362 | 4,8547 |
| Long Jump | 1,0317 | 1,0899 | 1,1551 | 1,2286 | 1,3121 | 1,4078 | 1,5186 | 1,6482 | 1,8021 | 1,9876 | 2,2158 | 2,5031 | 2,8760 | 6,4392 |
| Triple Jump | 1,0069 | 1,0636 | 1,1270 | 1,1984 | 1,2795 | 1,3724 | 1,4799 | 1,6056 | 1,7546 | 1,9428 | 2,1982 | 2,5759 | 4,0644 | 7,9590 |
| Hammer | 7,250kg | 1,0300 | 1,1252 | 1,2397 | 1,3802 | 1,5566 | | | | | | | | |
| | 6,000kg | - | - | - | 1,1864 | 1,3145 | 1,4736 | | | | | | | |
| | 5,000kg | - | - | - | - | - | 1,3082 | 1,4656 | 1,6661 | | | | | |
| | 4,000kg | | | | | | | | 1,4524 | 1,6490 | 1,9138 | 2,2899 | 2,8686 | |
| | 3,000kg | | | | | | | | | | 1,8654 | 2,2212 | 2,7616 | 3,6895 |
| Shot Put | 7,250kg | 1,0372 | 1,1137 | 1,2023 | 1,3063 | 1,4300 | 1,5795 | 1,7670 | | | | | | 5,6369 |

| | | | | | | | | | | | | | | | |
|----------------|----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| | 6,000kg | - | - | - | 1,1721 | 1,2706 | 1,3873 | | | | | | | | |
| | 5,000kg | - | - | - | - | - | 1,2482 | 1,3607 | 1,4954 | | | | | | |
| | 4,000kg | | | | | | | | | 1,2806 | 1,3993 | 1,5427 | 1,7337 | 2,0169 | 2,5012 |
| | 3,000kg | | | | | | | | | | 1,5053 | 1,6866 | 1,9535 | 2,4044 | 3,3512 |
| Discus | 2,000kg | 1,0143 | 1,1014 | 1,2049 | 1,3233 | 1,4838 | 1,6781 | | | | | | | | |
| | 1,500kg | - | - | - | 1,0218 | 1,1103 | 1,2156 | 1,3430 | | | | | | | |
| | 1,000kg | - | - | - | - | 1,0628 | 1,1637 | 1,2781 | 1,4332 | 1,6441 | 1,9508 | 2,4402 | 3,3478 | 5,6116 | |
| Javelin | 800g | 1,0126 | 1,0862 | 1,1716 | 1,2715 | 1,3898 | 1,5325 | 1,7079 | | | | | | | |
| | 700g | - | - | - | 1,2278 | 1,3380 | | | | | | | | | |
| | 600g | - | - | - | - | 1,4140 | 1,5620 | 1,7445 | 1,9755 | 2,2841 | 2,7307 | 3,4626 | | | |
| | 500g | - | - | - | - | - | - | 1,6801 | 1,8932 | 2,1682 | | | | | |
| | 400g | - | - | - | - | - | - | - | - | 2,0952 | 2,4378 | 2,9137 | 3,6206 | 8,7034 | |
| Weight | 15,880kg | 1,0203 | 1,0898 | 1,1697 | 1,2621 | 1,3704 | | | | | | | | | |
| | 11,340kg | - | - | - | 1,0488 | 1,1225 | 1,2074 | 1,3061 | | | | | | | |
| | 9,080kg | - | - | - | - | 1,0424 | 1,1153 | 1,1988 | | | | | | | |
| | 7,260kg | - | - | - | - | - | - | 1,1408 | 1,2286 | 1,3310 | | | | | |
| | 5,450kg | - | - | - | - | - | - | - | 1,3043 | 1,4452 | 1,6714 | 2,1057 | 3,2456 | | |

| MODEL 2014 | | | | | | | | | | | | | | | | |
|--------------------------------|--------|--------|--------|--------|---------|--------|--------|--------|-------|--------|--------|-------|-------|-------|-------|--|
| Age factors for Masters Events | | | | | | | | | | | | | | | | |
| WOMEN | W35 | W40 | W45 | W50 | W55 | W60 | W65 | W70 | W75 | W80 | W85 | W90 | W95 | W100 | | |
| 60m | ,9890 | ,9538 | ,9186 | ,8834 | ,8482 | ,8130 | ,7778 | ,7386 | ,6940 | ,6410 | ,5750 | ,4898 | ,3776 | ,2417 | | |
| 60m H (indoor) | ,9644 | ,9060 | ,8965 | ,8621 | ,8277 | ,7923 | ,7560 | ,7184 | ,6739 | ,6209 | ,5549 | ,4697 | ,3572 | ,2417 | | |
| 80m Hurdles | - | 1,1834 | 1,0914 | 1,0964 | 1,00444 | ,9924 | ,9004 | ,8084 | ,7114 | ,5946 | ,4391 | ,2209 | ,1803 | ,1312 | | |
| 100m Hurdles | ,9852 | - | - | - | - | - | - | - | - | - | - | - | - | - | | |
| 100m | ,9900 | ,9548 | ,9196 | ,8844 | ,8492 | ,8140 | ,7788 | ,7396 | ,6950 | ,6420 | ,5760 | ,4908 | ,3786 | ,2706 | | |
| 200m | ,9702 | ,9342 | ,8982 | ,8622 | ,8262 | ,7902 | ,7542 | ,7068 | ,6545 | ,5857 | ,4932 | ,3600 | ,2938 | ,1917 | | |
| 200m Hurdles | | | | | | | | | | 1,3902 | 1,2510 | ,9724 | ,8943 | ,7856 | ,6012 | |
| 300m Hurdles | | | | | | 1,2138 | 1,1388 | 1,0582 | ,9682 | ,8612 | 0,7220 | | | | | |
| 400m Hurdles | 1,0000 | ,9338 | ,8568 | | | | | | | | | | | | | |
| 400m *³⁾ | ,9799 | ,9391 | ,8983 | ,8575 | ,8167 | ,7715 | ,7201 | ,6602 | ,5889 | ,5026 | ,3969 | ,2665 | ,2132 | ,1625 | | |
| 800m | ,9951 | ,9537 | ,9123 | ,8709 | ,8295 | ,7848 | ,7342 | ,6752 | ,6053 | ,5220 | ,4228 | ,3052 | ,2554 | ,2007 | | |
| 1.500m *³⁾ | ,9872 | ,9457 | ,9042 | ,8627 | ,8212 | ,7759 | ,7242 | ,6635 | ,5912 | ,5047 | ,4014 | ,3140 | ,1999 | ,1698 | | |
| 2000m St Ch | 1,0000 | ,9582 | ,9164 | ,8746 | ,8316 | ,7862 | ,7358 | ,6754 | ,5966 | ,4902 | ,4089 | ,3211 | ,2417 | ,1668 | | |
| 3000m | 1,0000 | ,9572 | ,9144 | ,8716 | ,8276 | ,7803 | ,7276 | ,6669 | ,5952 | ,5090 | ,4047 | ,3506 | ,2225 | ,1768 | | |
| 5000m | 1,0000 | ,9775 | ,9150 | ,8725 | ,8300 | ,7848 | ,7353 | ,6797 | ,6160 | ,5420 | ,4553 | ,3495 | ,2219 | ,1768 | | |

| | | | | | | | | | | | | | | | |
|-----------------------|----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|
| 10000m | 1,0000 | ,9589 | ,9160 | ,8740 | ,8320 | ,7874 | ,7382 | ,6822 | ,6169 | ,5394 | ,4464 | ,3670 | ,2470 | ,1768 | |
| High Jump | 1,0512 | 1,1036 | 1,1614 | 1,2256 | 1,2973 | 1,3779 | 1,4708 | 1,5795 | 1,7094 | 1,8681 | 2,0673 | 2,3261 | 2,6766 | 3,2000 | |
| <i>Pole Vault *3)</i> | 1,0820 | 1,1451 | 1,2159 | 1,2961 | 1,3877 | 1,4932 | 1,6160 | 1,7854 | 2,0333 | 2,4342 | 3,2020 | 4,8402 | 5,4547 | 6,0588 | |
| Long Jump | 1,0500 | 1,1101 | 1,1776 | 1,2538 | 1,3405 | 1,4400 | 1,5557 | 1,6943 | 1,8695 | 2,1645 | 2,9154 | 3,2696 | 4,4235 | 7,5200 | |
| Triple Jump | 1,0186 | 1,0780 | 1,1448 | 1,2204 | 1,3066 | 1,4060 | 1,5218 | 1,6781 | 1,9164 | 2,3391 | 3,2733 | 3,3532 | 4,4286 | 7,5610 | |
| Hammer | 4,000kg | 1,0942 | 1,1763 | 1,2717 | 1,3840 | | | | | | | | | | |
| | 3,000kg | - | - | - | 1,2838 | 1,3984 | 1,5353 | 1,7038 | 1,9160 | 2,1915 | 2,5634 | 3,0931 | 3,9077 | | |
| | | | | | | | | | | | 1,8918 | 2,1630 | 2,5284 | 3,0478 | 3,8446 |
| Shot Put | 4,000kg | 1,0368 | 1,1100 | 1,1943 | 1,2925 | 1,4082 | 1,5468 | - | - | - | - | - | - | 5,2219 | |
| | 3,000kg | - | - | - | 1,2607 | 1,3706 | 1,5015 | 1,6600 | 1,8559 | 2,1043 | 2,4295 | 2,8735 | 3,5161 | 4,5289 | 6,3613 |
| | 2,000kg | - | - | - | - | - | - | - | - | 1,8324 | 2,0742 | 2,3894 | 2,8176 | 3,4328 | 4,3917 |
| Discus | 1,000kg | 1,0368 | 1,1150 | 1,2058 | 1,3128 | 1,4407 | 1,5961 | 1,7927 | 2,0542 | 2,4254 | 3,0021 | 3,8895 | | | |
| *2) | 0,750kg | - | - | - | - | - | - | - | - | 2,1546 | 2,5220 | 3,0404 | 3,8270 | 5,1626 | 7,9302 |
| Javelin | 600g | 1,0621 | 1,1475 | 1,2479 | 1,3676 | 1,5126 | 1,6920 | 1,9197 | 2,2202 | | | | | | |
| | 500g | - | - | - | 1,3147 | 1,4482 | 1,6118 | 1,8171 | 2,0992 | | | | | | |
| | 400g | - | - | - | - | - | 1,5408 | 1,7274 | 1,9654 | 2,2794 | 2,7129 | 3,3500 | 4,3782 | 6,3171 | 11,3370 |
| Weight | 9,080kg | 1,0922 | 1,1852 | 1,2955 | 1,4283 | | | | | | | | | | |
| | 7,260kg | - | - | - | 1,1822 | 1,2918 | 1,4238 | | | | | | | | |
| | 5,450kg | - | - | - | - | - | 1,2108 | 1,3260 | 1,4667 | 1,6428 | 1,8712 | 2,1815 | 2,6308 | 3,3467 | |
| | ,4,000kg | | | | | | | | | 1,3955 | 1,5424 | 1,7304 | 1,9798 | 2,3272 | 2,8449 |

Explanations :

***1)** = all figures, written in italic (cursive), are valid for Age Categories and Competition Events until the 30th of April 2010 and their purpose is only for record calculations.

***2)** = The following Age Factors have been conditionally calculated without any performances existing and are therefore adjusted and redefined :

-Hammer-Factor (new weight) for Age Category M80+

-Hammer-Factor (2,0kg/Women), Shot Put-Factor (2,0kg/Women) and Heavy Weight-Factor (4,0kg/Women) for Age Category W75+

***3)** = are made for Competition Events, which can be part of a possible Decathlon for Women.

APPENDIX C / ANEXO C / ANNEXE C / ANHANG C

**MEN-HOMBRES-MASCULIN-MANNER
DECATHLON-DECATLÓN-DÉCATHLON-ZEHNKAMPF**

| Day 1 | | 2010 WMA Age Factors | | | | | | |
|------------|------------|----------------------|--|--------|--------|--------|--------|--------|
| Age | 100 Meters | Long Jump | --Shot Put----Bala----Poids----Kugel-- | | | | Age | |
| | 100 Metros | Longitud | 7.26K | 6K | 5K | 4K | | |
| | 100 Mètres | Longueur | (16#) | | | | | |
| 100 Meters | | Weitsprung | | | | | | |
| M35-39 | .9869 | 1.0317 | 1.0372 | | | | | M35-39 |
| M40-44 | .9578 | 1.0899 | 1.1137 | | | | | M40-44 |
| M45-49 | .9287 | 1.1551 | 1.2023 | | | | | M45-49 |
| M50-54 | .8996 | 1.2286 | | 1.1721 | | | | M50-54 |
| M55-59 | .8705 | 1.3121 | | 1.2706 | | | | M55-59 |
| M60-64 | .8414 | 1.4078 | | | 1.2482 | | | M60-64 |
| M65-69 | .8111 | 1.5186 | | | 1.3607 | | | M65-69 |
| M70-74 | .7782 | 1.6482 | | | | 1.2806 | | M70-74 |
| M75-79 | .7409 | 1.8021 | | | | 1.3993 | | M75-79 |
| M80-84 | .6967 | 1.9876 | | | | | 1.5053 | M80-84 |
| M85-89 | .6423 | 2.2158 | | | | | 1.6866 | M85-89 |
| M90-94 | .5735 | 2.5031 | | | | | 1.9535 | M90-94 |
| M95-99 | .4850 | 2.8760 | | | | | 2.4044 | M95-99 |
| M100+ | .2735 | 6.4392 | | | | | 3.3512 | M100+ |
| | | High Jump | 400 Meters | | | | | |
| Age | Altura | 400 Metros | Age | | | | Age | |
| | Hauteur | 400 Meters | Group | | | | | |
| | Hochsprung | 400 Mètres | | | | | | |
| M35-39 | 1.0260 | .9654 | | | | | M35-39 | |
| M40-44 | 1.0486 | .9354 | | | | | M40-44 | |
| M45-49 | 1.1022 | .9054 | | | | | M45-49 | |
| M50-54 | 1.1617 | .8754 | | | | | M50-54 | |
| M55-59 | 1.2280 | .8454 | | | | | M55-59 | |
| M60-64 | 1.3025 | .8154 | | | | | M60-64 | |
| M65-69 | 1.3869 | .7836 | | | | | M65-69 | |
| M70-74 | 1.4832 | .7460 | | | | | M70-74 | |
| M75-79 | 1.5943 | .6984 | | | | | M75-79 | |
| M80-84 | 1.7241 | .6363 | | | | | M80-84 | |
| M85-89 | 1.8779 | .5548 | | | | | M85-89 | |
| M90-94 | 2.0635 | .4485 | | | | | M90-94 | |
| M95-99 | 2.2925 | .3114 | | | | | M95-99 | |
| M100+ | 3.5000 | .2469 | | | | | M100+ | |

2010 WMA Age Factors

| (length / space) (first) (height) | --Hurdles-- 110/9.14 m 13.72m .991 / 39" | Vallas 100/8.5 m 13m .914 / 36" | Hales 100/8.0m 16m .840 / 33" | Hurden-- 80/7m 12m .762 / 30" | 80/7m 12m .686 / 27" | Discus-Disco-Disque-Diskus 2.0K 1.5K 1.0K |
|---|--|---|--|--|----------------------------|--|
| M35-39 | .9901 | | | | | 1.0143 |
| M40-44 | .9526 | | | | | 1.1014 |
| M45-49 | .9151 | | | | | 1.2049 |
| M50-54 | | .9604 | | | | 1.0218 |
| M55-59 | | .9229 | | | | 1.1103 |
| M60-64 | | | .9012 | | | 1.0628 |
| M65-69 | | | .8637 | | | 1.1637 |
| M70-74 | | | | 1.0220 | | 1.2781 |
| M75-79 | | | | .9845 | | 1.4332 |
| M80-84 | | | | | .8912 | 1.6441 |
| M85-89 | | | | | .8344 | 1.9508 |
| M90-94 | | | | | .7496 | 2.4402 |
| M95-99 | | | | | .6129 | 3.3478 |
| M100+ | | | | | .2981 | 5.6116 |

| Age Group | Pole Vault | | | | | 1500 Meters 1500 Metros 1500 Meters 1500 Mètres | |
|--------------|--|--------|--------|--------|--------|--|-------|
| | Javelin-----Javalina-----Javelot-----Speer | | | | | | |
| | Garrocha Saut a la Perche Stabhochsprung | 800g | 700g | 600g | 500g | 400g | |
| M35-39 | 1.0168 | 1.0126 | | | | | .9913 |
| M40-44 | 1.0773 | 1.0862 | | | | | .9519 |
| M45-49 | 1.1481 | 1.1716 | | | | | .9125 |
| M50-54 | 1.2272 | | 1.2278 | | | | .8731 |
| M55-59 | 1.3182 | | 1.3380 | | | | .8337 |
| M60-64 | 1.4236 | | | 1.4140 | | | .7939 |
| M65-69 | 1.5475 | | | 1.5620 | | | .7529 |
| M70-74 | 1.6949 | | | | 1.6801 | | .7079 |
| M75-79 | 1.8733 | | | | 1.8932 | | .6556 |
| M80-84 | 2.0938 | | | | | 2.0952 | .5920 |
| M85-89 | 2.3730 | | | | | 2.4378 | .5121 |
| M90-94 | 2.7382 | | | | | 2.9137 | .4095 |
| M95-99 | 3.2362 | | | | | 3.6206 | .2759 |
| M100+ | 4.8547 | | | | | 8.7034 | .1908 |

APPENDIX D / ANEXO D / ANNEXE D / ANHANG D

FEMALE-MUJERES-FEMMES-FRAUEN
HEPTATHLON-HEPTATLÓN-L'HEPTATHLON-SIEBENKAMPF

| Day 1 | | | | 2010 WMA Age Factors | | | 200 Meter |
|--------------------|---|-----------|----------------------------|----------------------|----|----|--------------|
| (length/ space) | Hurdles-----Vallas-----Haies-----Hurden | High Jump | Shot Put- Bala-Poids-Kugel | | 4k | 3k | |
| (first) | 100 / 8.50 80/8m 80 / 7m 80 / 7m | Altura | 4k | 3k | 2k | | |
| (height) | .840/33 .762/30" | .762/30 | .686/27 | | | | |
| W35-39 | .9852 | 1.0512 | 1.0368 | | | | .9702 |
| W40-44 | 1.1834 | 1.1036 | 1.1100 | | | | .9342 |
| W45-49 | 1.0914 | 1.1614 | 1.1943 | | | | .8982 |
| W50-54 | 1.0964 | 1.2256 | 1.2607 | | | | .8622 |
| W55-59 | 1.0044 | 1.2973 | 1.3706 | | | | .8262 |
| W60-64 | .9924 | 1.3779 | 1.5015 | | | | .7902 |
| W65-69 | .9004 | 1.4708 | 1.6600 | | | | .7542 |
| W70-74 | .8084 | 1.5795 | 1.8559 | | | | .7068 |
| W75-79 | .7114 | 1.7094 | | 1.8324 | | | .6545 |
| W80-84 | .5946 | 1.8681 | | 2.0742 | | | .5857 |
| W85-89 | .4391 | 2.0673 | | 2.3894 | | | .4932 |
| W90-94 | .2209 | 2.3261 | | 2.8176 | | | .3600 |
| W95-99 | .1803 | 2.6766 | | 3.4328 | | | .2938 |
| W100+ | .1312 | 3.2000 | | 4.3917 | | | .1917 |

Day 2

| Age Group | Long Jump Longitud Longueur Weitsprung | Javelin-Javalina-Javelot-Speer | | | 800 Meters 800 Metros 800 Meters 800 Metres | Age Group |
|---------------|---|--------------------------------|---------|------|--|---------------|
| | | 600G | 500G | 400G | | |
| W35-39 | 1.0500 | 1.0621 | | | .9951 | W35-39 |
| W40-44 | 1.1101 | 1.1475 | | | .9537 | W40-44 |
| W45-49 | 1.1776 | 1.2479 | | | .9123 | W45-49 |
| W50-54 | 1.2538 | 1.3147 | | | .8709 | W50-54 |
| W55-59 | 1.3405 | 1.4482 | | | .8295 | W55-59 |
| W60-64 | 1.4400 | 1.6118 | | | .7848 | W60-64 |
| W65-69 | 1.5557 | 1.8171 | | | .7342 | W65-69 |
| W70-74 | 1.6943 | 2.0992 | | | .6752 | W70-74 |
| W75-79 | 1.8695 | | 2.2794 | | .6053 | W75-79 |
| W80-84 | 2.1645 | | 2.7129 | | .5220 | W80-84 |
| W85-89 | 2.9154 | | 3.3500 | | .4228 | W85-89 |
| W90-94 | 3.2696 | | 4.3782 | | .3052 | W90-94 |
| W95-99 | 4.4235 | | 6.3171 | | .2554 | W95-99 |
| W100+ | 7.5200 | | 11.3370 | | .2007 | W100+ |

APPENDIX E / ANEXO E / ANNEXE E / ANHANG E

MEN-HOMBRES-MASCULIN-MANNER

**THROWS PENTATHLON-PENTATLÓN de LANZAMIENTOS-
PENTATHLON des LANCERS-GEWICHTS FÜNKAMPF**

2010 WMA Age Factors

| AGE | Hammer-Martillo-Marteau-Hammer | | | | | Shot Put-Bala-Poids-Kugel | | | | | Discus-Disco-Disque-Diskus | | | |
|--------|--------------------------------|--------|----|----|----|---------------------------|--------|--------|----|----|----------------------------|--------|------|----|
| | GRP. | 7.26k | 6k | 5k | 4k | 3k | 7.26k | 6k | 5k | 4k | 3k | 2k | 1.5k | 1k |
| M35-39 | | 1.0300 | | | | | 1.0372 | | | | | 1.0143 | | |
| M40-44 | | 1.1252 | | | | | 1.1137 | | | | | 1.1014 | | |
| M45-49 | | 1.2397 | | | | | 1.2023 | | | | | 1.2049 | | |
| M50-54 | | 1.1864 | | | | | 1.1721 | | | | | 1.0218 | | |
| M55-59 | | 1.3145 | | | | | 1.2706 | | | | | 1.1103 | | |
| M60-64 | | 1.3082 | | | | | 1.2482 | | | | | 1.0628 | | |
| M65-69 | | 1.4656 | | | | | 1.3607 | | | | | 1.1637 | | |
| M70-74 | | 1.4524 | | | | | 1.2806 | | | | | 1.2781 | | |
| M75-79 | | 1.6490 | | | | | 1.3993 | | | | | 1.4332 | | |
| M80-84 | | 1.8654 | | | | | | 1.5053 | | | | 1.6441 | | |
| M85-89 | | 2.2212 | | | | | | 1.6866 | | | | 1.9508 | | |
| M90-94 | | 2.7616 | | | | | | 1.9535 | | | | 2.4402 | | |
| M95-99 | | 3.6895 | | | | | | 2.4044 | | | | 3.3478 | | |
| M100+ | | 5.6369 | | | | | | 3.3512 | | | | 5.6116 | | |

| AGE | Javelin-Javalina-Javelot-Speer | | | | | Weight Pesa-Marteau a poignée courte-Gewicht | | | | | AGE | GRP. |
|--------|--------------------------------|--------|------|------|------|--|--------|--------|-------|-------|--------|------|
| | 800G | 700G | 600G | 500G | 400G | 15.88 | 11.34 | 9.08K | 7.26K | 5.45K | | |
| GRP. | | | | | | 35# | 25# | 20# | 16# | 12# | | |
| M35-39 | | 1.0126 | | | | 1.0203 | | | | | M35-39 | |
| M40-44 | | 1.0862 | | | | 1.0898 | | | | | M40-44 | |
| M45-49 | | 1.1716 | | | | 1.1697 | | | | | M45-49 | |
| M50-54 | | 1.2278 | | | | 1.0488 | | | | | M50-54 | |
| M55-59 | | 1.3380 | | | | 1.1225 | | | | | M55-59 | |
| M60-64 | | 1.4140 | | | | 1.0424 | | | | | M60-64 | |
| M65-69 | | 1.5620 | | | | 1.1153 | | | | | M65-69 | |
| M70-74 | | 1.6801 | | | | | 1.1408 | | | | M70-74 | |
| M75-79 | | 1.8932 | | | | | 1.2286 | | | | M75-79 | |
| M80-84 | | 2.0952 | | | | | | 1.3043 | | | M80-84 | |
| M85-89 | | 2.4378 | | | | | | 1.4452 | | | M85-89 | |
| M90-94 | | 2.9137 | | | | | | 1.6714 | | | M90-94 | |
| M95-99 | | 3.6206 | | | | | | 2.1057 | | | M95-99 | |
| M100+ | | 8.7034 | | | | | | 3.2456 | | | M100+ | |

APPENDIX E Continued:

MEN-HOMBRES-MASCULIN-MANNER
THROWS PENTATHLON-PENTATLON de LANZAMIENTOS-
PENTATHLON des LANCERS-GEWICHTS FÜNFKAMPF

| AGE | Hammer-Martillo-Marteau-Hammer | | | Shot Put-Bala-Poids-Kugel | | | Discus-Disco-Disque-Diskus | |
|--------|--------------------------------|--------|----|---------------------------|--------|----|----------------------------|------|
| | 4k | 3k | 2k | 4k | 3k | 2k | 1k | .75k |
| W35-39 | 1.0942 | | | 1.0368 | | | 1.0368 | |
| W40-44 | 1.1763 | | | 1.1100 | | | 1.1150 | |
| W45-49 | 1.2717 | | | 1.1943 | | | 1.2058 | |
| W50-54 | 1.2838 | | | 1.2607 | | | 1.3128 | |
| W55-59 | 1.3984 | | | 1.3706 | | | 1.4407 | |
| W60-64 | 1.5353 | | | 1.5015 | | | 1.5961 | |
| W65-69 | 1.7038 | | | 1.6600 | | | 1.7927 | |
| W70-74 | 1.9160 | | | 1.8559 | | | 2.0542 | |
| W75-79 | | 1.8918 | | | 1.8324 | | 2.1546 | |
| W80-84 | | 2.1630 | | | 2.0742 | | 2.5220 | |
| W85-89 | | 2.5284 | | | 2.3894 | | 3.0404 | |
| W90-94 | | 3.0478 | | | 2.8176 | | 3.8270 | |
| W95-99 | | 3.8446 | | | 3.4328 | | 5.1626 | |
| W100+ | | 5.2219 | | | 4.3917 | | 7.9302 | |

| AGE | Javelin-Javalina-Javelot-Speer | | | Weight-Pesa-Marteau a poignee courte-Gewicht | | | | AGE |
|--------|--------------------------------|---------|------|--|--------|--------|-------|--------|
| | 600G | 500G | 400G | 9.08K | 7.26K | 5.45K | 4.00K | |
| GRP. | | | | 20# | 16# | 12# | 8.9# | GRP. |
| W35-39 | 1.0621 | | | 1.0922 | | | | W35-39 |
| W40-44 | 1.1475 | | | 1.1852 | | | | W40-44 |
| W45-49 | 1.2479 | | | 1.2955 | | | | W45-49 |
| W50-54 | 1.3147 | | | 1.1822 | | | | W50-54 |
| W55-59 | 1.4482 | | | 1.2918 | | | | W55-59 |
| W60-64 | 1.6118 | | | | 1.2108 | | | W60-64 |
| W65-69 | 1.8171 | | | | 1.3260 | | | W65-69 |
| W70-74 | 2.0992 | | | | 1.4667 | | | W70-74 |
| W75-79 | | 2.2794 | | | | 1.3955 | | W75-79 |
| W80-84 | | 2.7129 | | | | 1.5424 | | W80-84 |
| W85-89 | | 3.3500 | | | | 1.7304 | | W85-89 |
| W90-94 | | 4.3782 | | | | 1.9798 | | W90-94 |
| W95-99 | | 6.3171 | | | | 2.3272 | | W95-99 |
| W100+ | | 11.3370 | | | | 2.8449 | | W100+ |

APPENDIX F / ANEXO F / ANNEXE F / ANHANG F

MEN-HOMBRES-MASCULIN-MANNER

FEMALE-MUJERES-FEMMES-FRAUEN

OUTDOOR PENTATHLON-PENTATLÓN- PENTATHLON - FUNFKAMPF

2010 WMA Age Factors

| AGE GRP. | Long Jump Longitud Longueur | Javelin-Javalina-Javelot-Speer | | | | | 200 Meters 200 Metros 200 Mètres | Discus-Disco-Disque-Diskus | | | 1500 Meters 1500 Metros 1500 Mètres |
|-------------|-----------------------------------|--------------------------------|--------|------|------|------|--|----------------------------|--------|----|---|
| | | 800g | 700g | 600g | 500g | 400g | | 2k | 1.5k | 1k | |
| | | Weitsprung | | | | | | | | | |
| M35-39 | 1.0317 | 1.0126 | | | | | .9837 | 1.0143 | | | .9913 |
| M40-44 | 1.0899 | 1.0862 | | | | | .9536 | 1.1014 | | | .9519 |
| M45-49 | 1.1551 | 1.1716 | | | | | .9235 | 1.2049 | | | .9125 |
| M50-54 | 1.2286 | 1.2278 | | | | | .8934 | 1.0218 | | | .8731 |
| M55-59 | 1.3121 | 1.3380 | | | | | .8633 | 1.1103 | | | .8337 |
| M60-64 | 1.4078 | 1.4140 | | | | | .8332 | | 1.0628 | | .7939 |
| M65-69 | 1.5186 | 1.5620 | | | | | .8007 | | 11637 | | .7529 |
| M70-74 | 1.6482 | 1.6801 | | | | | .7642 | | 1.2781 | | .7079 |
| M75-79 | 1.8021 | 1.8932 | | | | | .7215 | | 1.4332 | | .6556 |
| M80-84 | 1.9876 | | 2.0952 | | | | .6697 | | 1.6441 | | .5920 |
| M85-89 | 2.2158 | | 2.4378 | | | | .6051 | | 1.9508 | | .5121 |
| M90-94 | 2.5031 | | 2.9137 | | | | .5231 | | 2.4402 | | .4095 |
| M95-99 | 2.8760 | | 3.6206 | | | | .4181 | | 3.3478 | | .2759 |
| M100+ | 6.4392 | | 8.7034 | | | | .2668 | | 5.6116 | | .1908 |

| (length/ space) (first) (height) | Hurdles----Vallas----Haies----Hurden | | | | High Jump Altura Hauteur Hochsprung | Shot Put-Bala-Poids-Kugel | | | Long Jump Longitud Longueur Weitsprung | 800 Meters | |
|---|--------------------------------------|---------|---------|---------|--|---------------------------|--------|--------|---|------------|--------|
| | 100/ 8.50 | 80 / 8m | 80 / 7m | 80 / 7m | | 4k | 3k | 2k | | 800 Metros | |
| | 13m | 12m | 12m | 12m | | | | | | 800 Meters | |
| W35-39 | .9852 | | | | 1.0512 | 1.0368 | | | 1.0500 | .9951 | W35-39 |
| W40-44 | | 1.1834 | | | 1.1036 | 1.1100 | | | 1.1101 | .9537 | W40-44 |
| W45-49 | | 1.0914 | | | 1.1614 | 1.1943 | | | 1.1776 | .9123 | W45-49 |
| W50-54 | | 1.0964 | | | 1.2256 | | 1.2607 | | 1.2538 | .8709 | W50-54 |
| W55-59 | | 1.0044 | | | 1.2973 | | 1.3706 | | 1.3405 | .8295 | W55-59 |
| W60-64 | | .9924 | | | 1.3779 | | 1.5015 | | 1.4400 | .7848 | W60-64 |
| W65-69 | | .9004 | | | 1.4708 | | 1.6600 | | 1.5557 | .7342 | W65-69 |
| W70-74 | | .8084 | | | 1.5795 | | 1.8559 | | 1.6943 | .6752 | W70-74 |
| W75-79 | | .7114 | | | 1.7094 | | | 1.8324 | 1.8695 | .6053 | W75-79 |
| W80-84 | | .5946 | | | 1.8681 | | | 2.0742 | 2.1645 | .5220 | W80-84 |
| W85-89 | | .4391 | | | 2.0673 | | | 2.3894 | 2.9154 | .4228 | W85-89 |
| W90-94 | | .2209 | | | 2.3261 | | | 2.8176 | 3.2696 | .3052 | W90-94 |
| W95-99 | | .1803 | | | 2.6766 | | | 3.4328 | 4.4235 | .2554 | W95-99 |
| W100+ | | .1312 | | | 3.2000 | | | 4.3917 | 7.5200 | .2007 | W100+ |

APPENDIX G / ANEXO G / ANNEXE G / ANHANG G

**MEN-HOMBRES-MASCULIN-MANNER
INDOOR PENTATHLON-PENTATLÓN- PENTATHLON - FUNFKAMPF**

2010 MA Age Factors

| (length/ space) | --Hurdles-----Vallas-----Haies-----Burden--- | | | | | Long Jump Longitud | AGE |
|--------------------|--|------------|------------|------------|------------|-----------------------|---------------|
| (first) | 60/9.14m | 60/8.5m | 60/8.0m | 60/7m | 60/7m | Longueur | GROUP |
| (height) | .991 / 39" | .914 / 36" | .840 / 33" | .762 / 30" | .686 / 27" | Weitsprung | |
| M35-39 | .9838 | | | | | 1.0317 | M35-39 |
| M40-44 | .9466 | | | | | 1.0899 | M40-44 |
| M45-49 | .9094 | | | | | 1.1551 | M45-49 |
| M50-54 | | .8922 | | | | 1.2286 | M50-54 |
| M55-59 | | .8550 | | | | 1.3121 | M55-59 |
| M60-64 | | | .8312 | | | 1.4078 | M60-64 |
| M65-69 | | | .7940 | | | 1.5186 | M65-69 |
| M70-74 | | | | .7714 | | 1.6482 | M70-74 |
| M75-79 | | | | .7328 | | 1.8021 | M75-79 |
| M80-84 | | | | | .6826 | 1.9876 | M80-84 |
| M85-89 | | | | | .6178 | 2.2158 | M85-89 |
| M90-94 | | | | | .5001 | 2.5031 | M90-94 |
| M95-99 | | | | | .4119 | 2.8760 | M95-99 |
| M100+ | | | | | .3137 | 6.4392 | M100+ |

| AGE | --Shot Put----Bala----Poids----Kugel-- | | | | | High Jump Itura auteur Hochsprung | 1000 Meter 1000 Metros 1000 Metres 1000 Meters | AGE |
|---------------|--|--------|--------|--------|--------|--|---|---------------|
| GROUP | 7.26k | 6k | 5k | 4k | 3k | | | GROUP |
| M35-39 | 1.0372 | | | | | 1.0260 | .9928 | M35-39 |
| M40-44 | 1.1137 | | | | | 1.0486 | .9537 | M40-44 |
| M45-49 | 1.2023 | | | | | 1.1022 | .9146 | M45-49 |
| M50-54 | | 1.1721 | | | | 1.1617 | .8755 | M50-54 |
| M55-59 | | 1.2706 | | | | 1.2280 | .8364 | M55-59 |
| M60-64 | | | 1.2482 | | | 1.3025 | .7968 | M60-64 |
| M65-69 | | | 1.3607 | | | 1.3869 | .7561 | M65-69 |
| M70-74 | | | | 1.2806 | | 1.4832 | .7111 | M70-74 |
| M75-79 | | | | 1.3993 | | 1.5943 | .6588 | M75-79 |
| M80-84 | | | | | 1.5053 | 1.7241 | .5952 | M80-84 |
| M85-89 | | | | | 1.6866 | 1.8779 | .5153 | M85-89 |
| M90-94 | | | | | 1.9535 | 2.0635 | .4127 | M90-94 |
| M95-99 | | | | | 2.4044 | 2.2925 | .2791 | M95-99 |
| M100+ | | | | | 3.3512 | 3.5000 | .1908 | M100+ |

APPENDIX G Continued :

**FEMALE-MUJERES-FEMMES-FRAUEN
INDOOR PENTATHLON-PENTATLÓN-
PENTATHLON – FUNFKAMPF**

2010 WMA Age Factors

| (length/ space) | Hurdles----Vallas---Haies---Hürden | High Jump Altura Hauteur | Shot Put-Bala-Poids- Kugel | Long Jump Longitud Longueur | 800 Meters 800 Metros 800 Meters |
|--------------------|--|--------------------------------|-------------------------------|-----------------------------------|--|
| (first) | 60 / 8.50 60 / 8m 60 / 7m 60 / 7m 13m 12m 12m 12m | Hochsprung | 4k 3k 2k | Weitsprung | 800 Metres |
| (height) | .840 33" .762 30" .762 30" .686 27" | | | | |
| W35-39 | .9644 | 1.0512 | 1.0368 | 1.0500 | .9951 W35-39 |
| W40-44 | .9060 | 1.1036 | 1.1100 | 1.1101 | .9537 W40-44 |
| W45-49 | .8965 | 1.1614 | 1.1943 | 1.1776 | .9123 W45-49 |
| W50-54 | .8621 | 1.2256 | 1.2607 | 1.2538 | .8709 W50-54 |
| W55-59 | .8277 | 1.2973 | 1.3706 | 1.3405 | .8295 W55-59 |
| W60-64 | .7923 | 1.3779 | 1.5015 | 1.4400 | .7848 W60-64 |
| W65-69 | .7560 | 1.4708 | 1.6600 | 1.5557 | .7342 W65-69 |
| W70-74 | .7184 | 1.5795 | 1.8559 | 1.6943 | .6752 W70-74 |
| W75-79 | .6739 | 1.7094 | | 1.8695 | .6053 W75-79 |
| W80-84 | .6209 | 1.8681 | | 2.074 | .5220 W80-84 |
| W85-89 | .5549 | 2.0673 | | 2.389 | .4228 W85-89 |
| W90-94 | .4697 | 2.3261 | | 2.817 | .3052 W90-94 |
| W95-99 | .3572 | 2.6766 | | 3.432 | .2554 W95-99 |
| W100+ | .2417 | 3.2000 | | 4.391 | .2007 W100+ |

| APPENDIX H / ANEXO H / ANNEXE H / ANHANG H | | | | | | | | |
|--|---|-------------------|---|-------------------|-------------------|-------------------------|--------------------|---------------|
| MEN-HOMBRES-MASCULIN-MANNER | | | | | | | | |
| INDOOR HEPTATHLON-HEPTATLÓN- | | | | | | | | |
| HEPTATHLON - SIEBENFKAMPF | | | | | | | | |
| 2010 WMA Age Factors | | | | | | | | |
| DAY 1 | | | | | | | | |
| AGE | 60 Meter | Long Jump | --Shot Put----Bala----Poids----Kugel-- | | | | High Jump | |
| AGE | 60 Metros | Longitud | | | | | Altura | AGE |
| GROUP | 60 Metres | Longueur | | | | | Hauteur | GROUP |
| | 60 Meters | Weitsprung | 7.26k | 6k | 5k | 4k | Hochsprung | |
| M35-39 | .9859 | 1.0317 | 1.0372 | | | | 1.0260 | M35-39 |
| M40-44 | .9568 | 1.0899 | 1.1137 | | | | 1.0486 | M40-44 |
| M45-49 | .9227 | 1.1551 | 1.2023 | | | | 1.1022 | M45-49 |
| M50-54 | .8986 | 1.2286 | | 1.1721 | | | 1.1617 | M50-54 |
| M55-59 | .8695 | 1.3121 | | 1.2706 | | | 1.2280 | M55-59 |
| M60-64 | .8404 | 1.4078 | | | 1.2482 | | 1.3025 | M60-64 |
| M65-69 | .8101 | 1.5186 | | | 1.3607 | | 1.3869 | M65-69 |
| M70-74 | .7772 | 1.6482 | | | | 1.2806 | 1.4832 | M70-74 |
| M75-79 | .7399 | 1.8021 | | | | 1.3993 | 1.5943 | M75-79 |
| M80-84 | .6957 | 1.9876 | | | | 1.5053 | 1.7241 | M80-84 |
| M85-89 | .6413 | 2.2158 | | | | 1.6866 | 1.8779 | M85-89 |
| M90-94 | .5725 | 2.5031 | | | | 1.9535 | 2.0635 | M90-94 |
| M95-99 | .4840 | 2.8760 | | | | 2.4044 | 2.2925 | M95-99 |
| M100+ | .2783 | 6.4392 | | | | 3.3512 | 3.5000 | M100+ |
| DAY 2 | | | | | | | | |
| (length/ space) | --Hurdles-----Vallas-----Haies-----Hurden--- | | | | | Pole Vault | 1000 Meter | |
| (first) | 60/9.14m | 60/8.5m | 60/8.0m | 60/7m | 60/7m | Garrocha | 1000 Metros | |
| (height) | 13.72m | 13m | 16m | 12m | 12m | Saut a la Perche | 1000 Metres | |
| | .991 / 39" | .914 / 36" | .840 / 33" | .762 / 30" | .686 / 27" | Stabhochsprung | 1000 Meters | |
| M35-39 | .9838 | | | | | 1.0168 | .9928 | |
| M40-44 | .9466 | | | | | 1.0773 | .9537 | |
| M45-49 | .9094 | | | | | 1.1481 | .9146 | |
| M50-54 | | .8922 | | | | 1.2272 | .8755 | |
| M55-59 | | .8550 | | | | 1.3182 | .8364 | |
| M60-64 | | | .8312 | | | 1.4236 | .7968 | |
| M65-69 | | | .7940 | | | 1.5475 | .7561 | |
| M70-74 | | | | .7714 | | 1.6949 | .7111 | |
| M75-79 | | | | .7328 | | 1.8733 | .6588 | |
| M80-84 | | | | | .6826 | 2.0938 | .5952 | |
| M85-89 | | | | | .6178 | 2.3730 | .5153 | |
| M90-94 | | | | | .5001 | 2.7382 | .4127 | |
| M95-99 | | | | | .4119 | 3.2362 | .2791 | |
| M100+ | | | | | .3137 | 4.8547 | .1908 | |

APPENDIX I / ANEXO I / ANNEXE I / ANHANG I
FEMALE-MUJERES-FEMMES-FRAUEN
INDOOR HEPTATHLON-HEPTATLÓN-HEPTATHLON - SIEBENFKAMPF

2010 WMA Age Factors

DAY 1

| AGE | 60 Meter | | | Long Jump Longitud Longueur Weitsprung | Pole Vault Garrocha Saut a la Perche Stabhochsprung | AGE | | |
|--------|-----------|--------|--------|---|--|--------|--|--|
| | 60 Metros | | | | | | | |
| | 60 Metres | 4K | 3K | 2K | | | | |
| W35-39 | .9890 | 1.0368 | | 1.0500 | 1.0820 | W35-39 | | |
| W40-44 | .9538 | 1.1100 | | 1.1101 | 1.1451 | W40-44 | | |
| W45-49 | .9186 | 1.1943 | | 1.1776 | 1.2159 | W45-49 | | |
| W50-54 | .8834 | | 1.2607 | 1.2538 | 1.2961 | W50-54 | | |
| W55-59 | .8482 | | 1.3706 | 1.3405 | 1.3877 | W55-59 | | |
| W60-64 | .8130 | | 1.5015 | 1.4400 | 1.4932 | W60-64 | | |
| W65-69 | .7778 | | 1.6600 | 1.5557 | 1.6160 | W65-69 | | |
| W70-74 | .7386 | | 1.8559 | 1.6943 | 1.7854 | W70-74 | | |
| W75-79 | .6940 | | | 1.8324 | 2.0333 | W75-79 | | |
| W80-84 | .6410 | | | 2.0742 | 2.1645 | W80-84 | | |
| W85-89 | .5750 | | | 2.3894 | 2.9154 | W85-89 | | |
| W90-94 | .4898 | | | 2.8176 | 3.2696 | W90-94 | | |
| W95-99 | .3776 | | | 3.4328 | 4.4235 | W95-99 | | |
| W100+ | .2417 | | | 4.3917 | 7.5200 | W100+ | | |

DAY 2

| (length/ space) | --Hurdles-----Vallas----Haies---Hurden--- | | | | High Jump Altura Hauteur Hochsprung | 800 Meters 800 Metros 800 Metres 800 Meters | AGE |
|--------------------|---|------------|------------|------------|--|--|--------|
| | 60/8.50m | 60/8.0m | 60/7.0m | 60/7.0m | | | |
| | 13m | 12m | 12m | 12m | | | |
| (first) | | | | | | | |
| (height) | .840 / 33" | .762 / 30" | .762 / 30" | .686 / 27" | 800 Meters 800 Metros 800 Metres 800 Meters | AGE | GROUP |
| W35-39 | .9644 | | | | 1.0512 | .9951 | W35-39 |
| W40-44 | | .9060 | | | 1.1036 | .9537 | W40-44 |
| W45-49 | | .8965 | | | 1.1614 | .9123 | W45-49 |
| W50-54 | | | .8621 | | 1.2256 | .8709 | W50-54 |
| W55-59 | | | .8277 | | 1.2973 | .8295 | W55-59 |
| W60-64 | | | | .7923 | 1.3779 | .7848 | W60-64 |
| W65-69 | | | | .7560 | 1.4708 | .7342 | W65-69 |
| W70-74 | | | | .7184 | 1.5795 | .6752 | W70-74 |
| W75-79 | | | | .6739 | 1.7094 | .6053 | W75-79 |
| W80-84 | | | | .6209 | 1.8681 | .5220 | W80-84 |
| W85-89 | | | | .5549 | 2.0673 | .4228 | W85-89 |
| W90-94 | | | | .4697 | 2.3261 | .3052 | W90-94 |
| W95-99 | | | | .3572 | 2.6766 | .2554 | W95-99 |
| W100+ | | | | .2417 | 3.2000 | .2007 | W100+ |

APPENDIX J / ANEXO J / ANNEXE J / ANHANG J

**FEMALE-MUJERES-FEMMES-FRAUEN
DECATHLON-DECATLÓN-DÉCATHLON-ZEHNKAMPF**

Day 1

2010 A Age Factors

| AGE | 100 Meters | Discus-Disque-Diskus-Disco | Pole Vault Garrocha Saut a la Perche Stabhochsprung | Javelin-Javalina-Javelot-Speer | 400 Meters |
|--------|------------|----------------------------|---|--------------------------------|------------|
| GROUP | 100 Metros | | | | 400 Metros |
| | 100 Mètres | | | | 400 Mètres |
| W35-39 | 1.0000 | 1.0288 | 1.0981 | 1.0000 | .9580 |
| W40-44 | .9545 | 1.1071 | 1.1866 | 1.0946 | .9065 |
| W45-49 | .9020 | 1.1983 | 1.2907 | 1.2435 | .8602 |
| W50-54 | .8551 | 1.3059 | 1.4148 | 1.3645 | .8184 |
| W55-59 | .8127 | 1.4348 | 1.5606 | 1.5450 | .7805 |
| W60-64 | .7744 | 1.5918 | 1.7458 | 1.7460 | .7460 |
| W65-69 | .7395 | 1.7874 | 1.9808 | 1.9559 | .7143 |
| W70-74 | .7076 | 2.0379 | 2.2889 | 2.2231 | .6611 |
| W75-79 | .6612 | 2.3700 | 2.7105 | 2.5749 | .5877 |
| W80-84 | .6244 | 2.4063 | 3.3226 | 3.0590 | .5289 |
| W85-89 | .5379 | 2.9886 | 4.2917 | 3.7672 | .4621 |
| W90-94 | .4561 | 3.9416 | 6.0588 | 4.9021 | .3967 |
| W95-99 | .3497 | 5.7868 | | 7.0157 | .3173 |
| W100+ | .2417 | 10.8800 | | 12.3333 | .2417 |

Day 2

| (length/ space) | Hurdles-Vallas-Haies-Hurden | | | Long Jump Longitud Longueur Weitsprung | Shot Put-Bala-Poids -Kugel 3k 4k | High Jump Altura Hauteur Hochsprung | 1500mm Meters Metros Mètres |
|--------------------|-----------------------------|---------|---------|--|----------------------------------|-------------------------------------|--------------------------------|
| (first) | 100 / 8.50 | 80 / 8m | 80 / 7m | | | | |
| (height) | 13m | 12m | 12m | | | | |
| W35-39 | .9791 | | | 1.0387 | 1.0560 | 1.0408 | .9822 |
| W40-44 | | 1.0941 | | 1.1023 | 1.1722 | 1.1008 | .9459 |
| W45-49 | | 1.0383 | | 1.1742 | 1.3173 | 1.1681 | .8937 |
| W50-54 | | | 1.0517 | 1.2561 | 1.3876 | 1.2442 | .8403 |
| W55-59 | | | .9919 | 1.3502 | 1.5191 | 1.3310 | .7869 |
| W60-64 | | | .9502 | 1.4596 | 1.6782 | 1.4307 | .7335 |
| W65-69 | | | .8568 | 1.5883 | 1.8744 | 1.5466 | .6801 |
| W70-74 | | | .7400 | 1.7420 | 2.1227 | 1.6829 | .6267 |
| W75-79 | | | .6512 | 1.9285 | 2.4468 | 1.8456 | .5733 |
| W80-84 | | | .5309 | 2.2118 | 2.8876 | 2.0431 | .5199 |
| W85-89 | | | .4522 | 2.5931 | 3.5222 | 2.2879 | .4515 |
| W90-94 | | | .3700 | 3.2696 | 4.5143 | 2.6795 | .3531 |
| W95-99 | | | .2978 | 4.4235 | 6.2845 | 3.2656 | .2247 |
| W100+ | | | .2417 | 7.5200 | 10.3385 | 4.1800 | .0663 |

| APPENDIX K / ANEXO K / ANNEXE K / ANHANG K | | | | | | | | | |
|---|-------------|------------|--|--------------|------------|-----------|-------|------------|---|
| WMA OUTDOOR ADVANCEMENT PROCEDURE | | | | | | | | | |
| 8 Lane Tracks (100, 200, 400, Short & Long Hurdles) | | | | | | | | | |
| Number | Preliminary | | | Quarterfinal | | Semifinal | | Final | |
| Competitors | Heats | Qualifying | | Heats | Qualifying | | Heats | Qualifying | |
| 1 | | | | | | | | | 1 |
| 9 | | | | | | | 2 | 3 P 2 T | 1 |
| 17 | | | | | | | 3 | 2 P 2 T | 1 |
| 25 | | | | 4 | 2 P 8 T | | 2 | 3 P 2 T | 1 |
| 33 | | | | 5 | 2 P 6 T | | 2 | 3 P 2 T | 1 |
| 41 | | | | 6 | 2 P 4 T | | 2 | 3 P 2 T | 1 |
| 49 | | | | 7 | 2 P 10 T | | 3 | 2 P 2 T | 1 |
| 57 | | | | 8 | 2 P 8 T | | 3 | 2 P 2 T | 1 |
| 65 | | | | 9 | 2 P 6 T | | 3 | 2 P 2 T | 1 |
| 73 | 10 | 2 P 12 T | | 4 | 2 P 8 T | | 2 | 3 P 2 T | 1 |
| 81 | 11 | 2 P 10 T | | 4 | 2 P 8 T | | 2 | 3 P 2 T | 1 |
| 89 | 12 | 2 P 8 T | | 4 | 2 P 8 T | | 2 | 3 P 2 T | 1 |
| 97 | 13 | 2 P 14 T | | 5 | 2 P 6 T | | 2 | 3 P 2 T | 1 |
| 105 | 14 | 2 P 12 T | | 5 | 2 P 6 T | | 2 | 3 P 2 T | 1 |
| 113 | 15 | 2 P 10 T | | 5 | 2 P 6 T | | 2 | 3 P 2 T | 1 |
| 121 | 16 | 2 P 16 T | | 6 | 2 P 4 T | | 2 | 3 P 2 T | 1 |
| 129 | 17 | 2 P 14 T | | 6 | 2 P 4 T | | 2 | 3 P 2 T | 1 |
| 137 | 18 | 2 P 12 T | | 6 | 2 P 4 T | | 2 | 3 P 2 T | 1 |
| 145 | 19 | 2 P 18 T | | 7 | 2 P 10 T | | 3 | 2 P 2 T | 1 |
| 153 | 20 | 2 P 16 T | | 7 | 2 P 10 T | | 3 | 2 P 2 T | 1 |
| 161 | 21 | 2 P 14 T | | 7 | 2 P 10 T | | 3 | 2 P 2 T | 1 |
| 169 | 22 | 2 P 20 T | | 8 | 2 P 8 T | | 3 | 2 P 2 T | 1 |

P = Number qualifying by place in each heat

T = Number qualifying by time from entire round

Finals = Final consisting of 8 individuals in 100, 200, 400, Short Hurdles, & Long Hurdles, with lane assignments as below. :Initial round heats shall be seeded using the entry seed marks and the heats shall be formed in a zigzag distribution , ran in random lanes & order. Subsequent round heats shall be seeded in a zigzag distribution base on place first then time per IAAF rules. Lane assignments shall be based on competitor's performance times at the most recent stage of the events and shall be as follows : 1st: lane 4, 2nd: lane 5, 3rd : 3, 4th : lane 6, 5th : lane 2, 6th : lane 7, 7th : lane 1, 8th : lane 8. If any group goes to a direct final, lane assignments shall be per seed marks.

| APPENDIX K Continued : | | | | | | | | |
|---|-------------|------------|--------------|------------|-----------|------------|-------|--|
| WMA OUTDOOR ADVANCEMENT PROCEDURE | | | | | | | | |
| 9 Lane Tracks (100, 200, 400, Short & Long Hurdles) | | | | | | | | |
| Number | Preliminary | | Quarterfinal | | Semifinal | | Final | |
| Competitors | Heats | Qualifying | Heats | Qualifying | Heats | Qualifying | | |
| 1 | | | | | | | 1 | |
| 10 | | | | | 2 | 3 P 3 T | 1 | |
| 19 | | | | | 3 | 2 P 3 T | 1 | |
| 28 | | | 4 | 2 P 10 T 2 | 3 | 3 P 3 T | 1 | |
| 37 | | | 5 | 2 P 8 T 2 | 3 | 3 P 3 T | 1 | |
| 46 | | | 6 | 2 P 6 T 2 | 3 | 3 P 3 T | 1 | |
| 55 | | | 7 | 2 P 13 T 3 | 2 | 3 P 3 T | 1 | |
| 64 | | | 8 | 2 P 11 T 3 | 2 | 3 P 3 T | 1 | |
| 73 | | | 9 | 2 P 9 T 3 | 2 | 3 P 3 T | 1 | |
| 82 | 10 | 2 P 16 T 4 | 4 | 2 P 10 T 2 | 3 | 3 P 3 T | 1 | |
| 91 | 11 | 2 P 14 T 4 | 4 | 2 P 10 T 2 | 3 | 3 P 3 T | 1 | |
| 100 | 12 | 2 P 12 T 4 | 4 | 2 P 10 T 2 | 3 | 3 P 3 T | 1 | |
| 109 | 13 | 2 P 19 T 5 | 5 | 2 P 8 T 2 | 3 | 3 P 3 T | 1 | |
| 118 | 14 | 2 P 17 T 5 | 5 | 2 P 8 T 2 | 3 | 3 P 3 T | 1 | |
| 127 | 15 | 2 P 15 T 5 | 5 | 2 P 8 T 2 | 3 | 3 P 3 T | 1 | |
| 136 | 16 | 2 P 22 T 6 | 6 | 2 P 6 T 2 | 3 | 3 P 3 T | 1 | |
| 145 | 17 | 2 P 20 T 6 | 6 | 2 P 6 T 2 | 3 | 3 P 3 T | 1 | |
| 154 | 18 | 2 P 18 T 6 | 6 | 2 P 6 T 2 | 3 | 3 P 3 T | 1 | |
| 163 | 19 | 2 P 25 T 7 | 7 | 2 P 13 T 3 | 2 | 3 P 3 T | 1 | |

P = Number qualifying by place in each heat

T = Number qualifying by time from entire round

Finals = Final consisting of 9 individuals in 100, 200, 400, Short Hurdles, Long Hurdles, with lane assignments as below. Initial round heats shall be seeded using the entry seed marks and the heats shall be formed in a zigzag distribution , ran in random lanes & order. Subsequent round heats shall be seeded in a zigzag distribution base on place first then time per IAAF rules. Lane assignments shall be based on competitor's performance times at the most recent stage of the events and shall be as follows: 1st. lane 4, 2nd : lane 5, 3rd : 3, 4th : lane 6, 5th : lane 2, 6th: lane 7, 7th : lane 1, 8th : lane 8, 9th : lane 9. If any group goes to a direct final, lane assignments shall be per seed marks.

APPENDIX K Continued :

WMA OUTDOOR ADVANCEMENT PROCEDURE

All Tracks (800 Meter)

| Number Competitors | Quarterfinals | | | | Semifinals | | | | Finals | |
|-----------------------|---------------|------------|-------|------------|------------|------------|-------|------------|--------|------------|
| | Heats | Qualifying | Heats | Qualifying | Heats | Qualifying | Heats | Qualifying | Heats | Qualifying |
| 1 | | | | | | | | | 1 | |
| 13 | | | | | 2 | 2 | P | 8 | T | 1 |
| 25 | | | | | 3 | 2 | P | 6 | T | 1 |
| 37 | 4 | 3 P 12 T | | | 2 | 2 | P | 8 | T | 1 |
| 49 | 5 | 3 P 9 T | 2 | | 2 | 2 | P | 8 | T | 1 |
| 61 | 6 | 3 P 6 T | 2 | | 2 | 2 | P | 8 | T | 1 |
| 73 | 7 | 3 P 15 T | 3 | | 3 | 3 | P | 3 | T | 1 |
| 85 | 8 | 3 P 12 T | 3 | | 3 | 3 | P | 3 | T | 1 |
| 97 | 9 | 3 P 9 T | 3 | | 3 | 3 | P | 3 | T | 1 |
| 109 | 10 | 3 P 18 T | 4 | | 2 | 2 | P | 4 | T | 1 |
| 121 | 11 | 3 P 15 T | 4 | | 2 | 2 | P | 4 | T | 1 |
| 133 | 12 | 3 P 12 T | 4 | | 2 | 2 | P | 4 | T | 1 |

P = Number qualifying by place in each heat **T** = Number qualifying by time from entire round

Finals = Final consisting of 12 individuals in the 800 with lane assignments as below. Initial round heats shall be seeded using the entry seed marks and the heats shall be formed in a zigzag distribution , ran in random lanes & order. Subsequent round heats shall be seeded in a zigzag distribution base on place first then time per IAAF rules. Lane assignments shall be based on competitor's performance times at the most recent stage of the events and shall be as follows: fastest qualifier in lane 1, second fastest in lane 2 and so on through lane 8,9,10,11, and 12th fastest qualifiers in lanes 8, 6, 4, and 2. When two competitors are in one lane, the faster seed shall be on the inside. If any group goes to a direct final, lane assignments shall be per seed marks.

APPENDIX K Continued :

WMA OUTDOOR ADVANCEMENT PROCEDURE

| All Tracks (1500 Meter) | | | | | | |
|-------------------------|------------|------------|---|----|--------|---|
| Number Competitors | Semifinals | | | | Finals | |
| | Heats | Qualifying | | | | |
| 1 | | | | | 1 | |
| 17 | 2 | 3 | P | 10 | T | 1 |
| 33 | 3 | 2 | P | 10 | T | 1 |
| 49 | 4 | 2 | P | 8 | T | 1 |
| 65 | 5 | 2 | P | 6 | T | 1 |
| 81 | 6 | 2 | P | 4 | T | 1 |
| 97 | 7 | 2 | P | 2 | T | 1 |

P = Number qualifying by place in each heat **T** = Number qualifying by time from entire round

Finals = Final consisting of 16 individuals in the 1500 with lane assignments as below. Semifinal round heats shall be seeded using the entry seed marks and the heats shall be formed in a zigzag distribution, ran in random lanes & order. Lane assignments shall be based on competitor's performance times in the first round of the event and shall be as follows: Fastest qualifier in lane 1, second fastest in lane 2 and so on through lane 8. Ninth through 16th place will be placed in lane 8, 7, 5, 4, 3, 2, and 1. When two competitors are in one lane, the faster seed shall be on the inside. If any group goes to a direct final, lane assignments shall be per seed marks.

| APPENDIX K Continued : | | | | | | | |
|---|-------------|------------|--------------|------------|-----------|------------|-------|
| WMA INDOOR ADVANCEMENT PROCEDURE | | | | | | | |
| Lane Tracks (Events: 60 Meters & 60 M. Short Hurdles) | | | | | | | |
| Number | Preliminary | | Quarterfinal | | Semifinal | | Final |
| Competitor | He | Qualifying | He | Qualifying | Heats | Qualifying | |
| 1 | | | | | | | 1 |
| 9 | | | | | 2 | P 2 T | 1 |
| 17 | | | | | 3 | P 2 T | 1 |
| 25 | | | 4 | 8 | 2 | P 2 T | 1 |
| 33 | | | 5 | 6 | 2 | P 2 T | 1 |
| 41 | | | 6 | 4 | 2 | P 2 T | 1 |
| 49 | | | 7 | 10 | 3 | P 2 T | 1 |
| 57 | | | 8 | 8 | 3 | P 2 T | 1 |
| 65 | | | 9 | 6 | 3 | P 2 T | 1 |
| 73 | 10 | 12 | 4 | 8 | 2 | P 2 T | 1 |
| 81 | 11 | 10 | 4 | 8 | 2 | P 2 T | 1 |
| 89 | 12 | 8 | 4 | 8 | 2 | P 2 T | 1 |
| 97 | 13 | 14 | 5 | 6 | 2 | P 2 T | 1 |
| 105 | 14 | 12 | 5 | 6 | 2 | P 2 T | 1 |
| 113 | 15 | 10 | 5 | 6 | 2 | P 2 T | 1 |
| 121 | 16 | 16 | 6 | 4 | 2 | P 2 T | 1 |
| 129 | 17 | 14 | 6 | 4 | 2 | P 2 T | 1 |
| 137 | 18 | 12 | 6 | 4 | 2 | P 2 T | 1 |
| 145 | 19 | 18 | 7 | 10 | 3 | P 2 T | 1 |
| 153 | 20 | 16 | 7 | 10 | 3 | P 2 T | 1 |
| 161 | 21 | 14 | 7 | 10 | 3 | P 2 T | 1 |
| 169 | 22 | 20 | 8 | 8 | 3 | P 2 T | 1 |

P = Number qualifying by place in each heat T = Number qualifying by time from entire round

Finals = Final consisting of 8 individuals in 60m & 60m Short Hurdles with lane assignments as below. Initial round heats shall be seeded using the entry seed marks and the heats shall be formed in a zigzag distribution, ran in random lanes & order. Subsequent round heats shall be seeded in a zigzag distribution base on place first then time per IAAF rules. Lane assignments shall be based on competitor's performance times at the most recent stage of the events and shall be as follows : 1st: lane 4, 2nd: lane 5, 3rd : 3, 4th : lane 6, 5th : lane 2, 6th : lane 7, 7th : lane 1, 8th: lane 8. If any group goes to a direct final, lane assignments shall be per seed marks. If 9 lanes are available, advancement shall be as per outdoor 9 lane advancement.

APPENDIX K Continued :

WMA INDOOR ADVANCEMENT PROCEDURE

6 Lane Tracks (Events: 200 Meters & 400 Meters)

| Number | Preliminary | | Quarterfinal | | Semifinal | | Final | |
|--------|-------------|------------|--------------|-----------|------------|-----------|------------|---|
| | Competitors | Heats | Qualifying | Heats | Qualifying | Heats | Qualifying | |
| 1 | | | | | | 2 | 1 P 4 T 1 | 1 |
| 7 | | | | | | 3 | 1 P 3 T 1 | 1 |
| 13 | | | | 4 | 2 P 4 T 2 | 2 | 2 P 2 T 1 | 1 |
| 19 | | | | 5 | 2 P 8 T 3 | 1 | 1 P 3 T 1 | 1 |
| 25 | | | | 6 | 2 P 6 T 3 | 1 | 1 P 3 T 1 | 1 |
| 31 | | 7 | 2 P 10 T 4 | 2 P 4 T 2 | 2 | 2 P 2 T 1 | 1 | 1 |
| 37 | 8 | 2 P 8 T 4 | 2 P 4 T 2 | 2 | 2 P 2 T 1 | 2 | 1 P 3 T 1 | 1 |
| 43 | 9 | 2 P 6 T 4 | 2 P 4 T 2 | 2 | 2 P 2 T 1 | 2 | 1 P 3 T 1 | 1 |
| 49 | 10 | 2 P 10 T 5 | 2 P 8 T 3 | 1 | 1 P 3 T 1 | 1 | 1 P 3 T 1 | 1 |
| 55 | 11 | 2 P 8 T 5 | 2 P 8 T 3 | 1 | 1 P 3 T 1 | 1 | 1 P 3 T 1 | 1 |
| 61 | 12 | 2 P 6 T 5 | 2 P 8 T 3 | 1 | 1 P 3 T 1 | 1 | 1 P 3 T 1 | 1 |
| 67 | 13 | 2 P 10 T 6 | 2 P 6 T 3 | 1 | 1 P 3 T 1 | 1 | 1 P 3 T 1 | 1 |
| 73 | 14 | 2 P 8 T 6 | 2 P 6 T 3 | 1 | 1 P 3 T 1 | 1 | 1 P 3 T 1 | 1 |
| 79 | 15 | 2 P 12 T 7 | 2 P 4 T 3 | 1 | 1 P 3 T 1 | 1 | 1 P 3 T 1 | 1 |
| 85 | 16 | 2 P 10 T 7 | 2 P 4 T 3 | 1 | 1 P 3 T 1 | 1 | 1 P 3 T 1 | 1 |
| 91 | | | | | | | | |

P = Number qualifying by place in each heat T = Number qualifying by time from entire round

Finals = Final consisting of 6 individuals in 200 and 400 with lane assignments as below. Initial round heats shall be seeded using the entry seed marks and the heats shall be formed in a zigzag distribution , ran in random lanes & order. Subsequent round heats shall be seeded in a zigzag distribution base on place first then time per IAAF rules. Lane assignments shall be based on competitor's performance times at the most recent stage of the events and shall be as follows: 1st.lane 5, 2nd lane 6, 3rd lane 4, 4th lane 3, 5th lane 2, 6th lane 1. If any group goes to a direct final, lane assignments shall be per seed marks.

APPENDIX K Continued :

WMA INDOOR ADVANCEMENT PROCEDURE

6 Lane Tracks (800 Meter)

| Number Competitors | Quarterfinals | | | | | Semifinals | | | | | Finals |
|-----------------------|---------------|------------|---|----|---|------------|------------|---|---|---|--------|
| | Heats | Qualifying | | | | Heats | Qualifying | | | | |
| 1 | | | | | | 2 | 2 | P | 5 | T | 1 |
| 10 | | | | | | 3 | 2 | P | 3 | T | 1 |
| 19 | | | | | | 2 | 2 | P | 5 | T | 1 |
| 28 | 4 | 2 | P | 10 | T | <u>2</u> | 2 | P | 5 | T | 1 |
| 37 | 5 | 2 | P | 8 | T | 2 | 2 | P | 5 | T | 1 |
| 46 | 6 | 2 | P | 6 | T | 2 | 2 | P | 5 | T | 1 |
| 55 | 7 | 2 | P | 13 | T | 3 | 2 | P | 3 | T | 1 |
| 64 | <u>8</u> | 2 | P | 11 | T | 3 | 2 | P | 3 | T | 1 |
| 73 | 9 | 2 | P | 9 | T | 3 | 2 | P | 3 | T | 1 |
| 82 | 10 | 2 | P | 16 | T | 4 | 2 | P | 1 | T | 1 |
| 91 | 11 | 2 | P | 14 | T | 4 | 2 | P | 1 | T | 1 |
| 100 | 12 | 2 | P | 12 | T | 4 | 2 | P | 1 | T | 1 |

P = Number qualifying by place in each heat

T = Number qualifying by time from entire round

Finals = Final consisting of 9 individuals in the 800 with lane assignments as below. Initial round heats shall be seeded using the entry seed marks and the heats shall be formed in a zigzag distribution, ran in random lanes & order. Subsequent round heats shall be seeded in a zigzag distribution base on place first then time per IAAF rules. Lane assignments shall be based on competitor's performance times at the most recent stage of the events and shall be as follows:

Fastest qualifier in lane 1, second fastest in lane 2 and so on through lane 6. 7th, 8th, and 9th fastest qualifiers in lanes 6, 4, and 2. When two competitors are in one lane, the faster seed shall be on the inside. If any group goes to a direct final, lane assignments shall be per seed marks.

| 6 Lane Tracks (1500 Meter) | | | | | | |
|----------------------------|------------|------------|---|---|---|--------|
| Number Competitors | Semifinals | | | | | Finals |
| | Heats | Qualifying | | | | |
| 1 | | | | | | 1 |
| 13 | 2 | 2 | P | 8 | T | 1 |
| 25 | 3 | 2 | P | 6 | T | 1 |
| 37 | 4 | 2 | P | 4 | T | 1 |
| 49 | 5 | 2 | P | 2 | T | 1 |
| 61 | 6 | 1 | P | 6 | T | 1 |
| 73 | 7 | 1 | P | 5 | T | 1 |

P = Number qualifying by place in each heat T = Number qualifying by time from entire round

Finals = Final consisting of 12 individuals in the 1500 with lane assignments as below. Semifinal round heats shall be seeded using the entry seed marks and the heats shall be formed in a zigzag distribution, ran in random lanes & order. Lane assignments shall be based on competitor's performance times in the semifinals of the event and shall be as follows:

Fastest qualifier in lane 1, second fastest in lane 2 and so on through lane 6. 7th through 12th place will be placed in lane 6, 5, 4, 3, 2, and 1. When two competitors are in one lane, the faster seed shall be on the inside. If any heat goes to a direct final, lane assignments shall be per seed marks.

| APPENDIX K Continued : | | | | | | | | | |
|-----------------------------------|---------------|--------|---------|------|---------|------|-------|--------|------|
| WMA INDOOR ADVANCEMENT PROCEDURES | | | | | | | | | |
| 4 Lane Track 200M AND 400M | | | | | | | | | |
| Declared | Qualifying R1 | | Qual R2 | | Qual R3 | | Final | | |
| Entries | Heat | Winner | Time | Heat | Winner | Time | Heat | Winner | Time |
| 4 | | | | | | | | | 1 |
| 8 | 2 | 1 | 2 | | | | | | 1 |
| 12 | 3 | 2 | 2 | 2 | 1 | 2 | | | 1 |
| 16 | 4 | 1 | 4 | 2 | 1 | 2 | | | 1 |
| 20 | 5 | 1 | 3 | 2 | 1 | 2 | | | 1 |
| 24 | 6 | 2 | 4 | 4 | 1 | 4 | 2 | 2 | 1 |
| 28 | 7 | 2 | 2 | 4 | 1 | 4 | 2 | 2 | 1 |
| 32 | 8 | 2 | 4 | 5 | 1 | 3 | 2 | 2 | 1 |
| 36 | 9 | 2 | 2 | 5 | 1 | 3 | 2 | 2 | 1 |
| 40 | 10 | 2 | 4 | 6 | 1 | 2 | 2 | 2 | 1 |
| 44 | 11 | 2 | 2 | 6 | 1 | 2 | 2 | 2 | 1 |
| 48 | 12 | 2 | 4 | 7 | 1 | 1 | 2 | 2 | 1 |

should equal times be recorded for the available places a run-off may be required subject to the referees decision.

Should insufficient athletes declare for heats the final will be run at the finals time and that heat be suspended.

For races run entirely in lanes, 1st rounds will be randomly drawn. Lane assignment in rounds after the 1st round will be based on competitors performances at the most recent stage of the event and shall be as followed:-

4 Lanes with lanes 3-2 preferred lanes :

1st lane 3. 2nd lane 2. 3rd lane 4. 4th lane1.

It is advisable that where several athletes from one nation are drawn in the same heat, where practical seeding shall be adjusted to avoid having them all running together.

APPENDIX K Continued :

WMA INDOOR ADVANCEMENT PROCEDURE

4 Lane Tracks (800 Meter)

| Number Competitors | Quarterfinals | | | | Semifinals | | | | Finals |
|-----------------------|---------------|------------|---|----|------------|------------|---|---|--------|
| | Heats | Qualifying | | | Heats | Qualifying | | | |
| 1 | | | | | 2 | 2 | P | 4 | T |
| 9 | | | | | 3 | 2 | P | 2 | T |
| 17 | | | | | 2 | 2 | P | 4 | T |
| 25 | 4 | 2 | P | 8 | T | 2 | 2 | P | T |
| 33 | 5 | 2 | P | 6 | T | 2 | 2 | P | T |
| 41 | 6 | 2 | P | 4 | T | 2 | 2 | P | T |
| 49 | 7 | 2 | P | 10 | T | 3 | 2 | P | T |
| 57 | 8 | 2 | P | 8 | T | 3 | 2 | P | T |
| 65 | 9 | 2 | P | 6 | T | 3 | 2 | P | T |
| 73 | 10 | 2 | P | 12 | T | 4 | 1 | P | T |
| 81 | 11 | 2 | P | 10 | T | 4 | 1 | P | T |
| 89 | 12 | 2 | P | 8 | T | 4 | 1 | P | T |

P = Number qualifying by place in each heat

T = Number qualifying by time from entire round

Finals = Final consisting of 8 individuals in the 800 with lane assignments as below. :Initial round heats shall be seeded using the entry seed marks and the heats shall be formed in a zigzag distribution , ran in random lanes & order. Subsequent round heats shall be seeded in a zigzag distribution base on place first then time per IAAF rules. Lane assignments shall be based on competitor's performance times at the most recent stage of the events and shall be as follows: Fastest qualifier in lane 1, second fastest in lane 2 and so on through lane 4. 5th, 6th, 7th and 8th fastest qualifiers in lanes 4, 3, 2, and 1. When two competitors are in one lane, the faster seed shall be on the inside. If any heat goes to a direct final, lane assignments shall be per seed marks.

4 Lane Tracks (1500 Meter)

| Number Competitors | Semifinals | | | | Finals |
|-----------------------|------------|------------|---|---|--------|
| | Heats | Qualifying | | | |
| 1 | | | | | 1 |
| 13 | 2 | 2 | P | 8 | T |
| 25 | 3 | 2 | P | 6 | T |
| 37 | 4 | 2 | P | 4 | T |
| 49 | 5 | 2 | P | 2 | T |
| 61 | 6 | 1 | P | 6 | T |
| 73 | 7 | 1 | P | 5 | T |

P = Number qualifying by place in each heat T = Number qualifying by time from entire round

Finals = Final consisting of 12 individuals in the 1500 with lane assignments as below. Semifinal heats shall be seeded using the entry seed marks and the heats shall be formed in a zigzag distribution , ran in random start position & order. Start positions for the finals shall be based on competitor's performance times in the semifinals and shall be as follows : The fastest approximately 65% of the qualifiers shall be placed, in performance time order, on an arced starting line on the full track. The remainder of the qualifiers shall be placed, in qualifying time order, on an arced starting line on the outer half of the track. This second group shall run as far as the end of the first bend on the outer half of the track. If any group goes to a direct final, lane assignments shall be per seed marks.

New updates from 1st January 2014