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| **Sector 1) EAP ELITE** **Stadium events (Olympic distances)** | **OUTDOOR** | **OUTDOOR** |
| **RACES & HURDLES** | **Men (880 pts)** | **Women (860 pts)** |
| 100m | 11.02 | 12.69 |
| 110m Hurdles | 15.08 | n.a. |
| 100m Hurdles | n.a. | 15.30 |
| 200m | 22.34 | 25.91 |
| 400m | 49.64 | 59.33 |
| 400m Hurdles | 55.35 | 1:05.78 |
| 800m | 1:55.33 | 2:18.19 |
| 1500m | 3:57.88 | 4:46.66 |
| 3000m Steeple Chase | 9:28.45 | 11:43.75 |
| 5000m | 14:37.17 | 17:48:32 |
| 10000m | 30:54.08 | 37:38.71 |
| **JUMPS** | **Men (880 pts)** | **Women (860 pts)** |
| High Jump | 1.96 | 1.63 |
| Pole Vault | 4.58 | 3.67 |
| Long Jump | 6.80 | 5.36 |
| Triple Jump | 14.30 | 11.46 |
| **THROWS** | **Men (800 pts)** | **Women (750 pts)** |
| Shot Put | 14.60 | 12.65 |
| Discus Throw | 45.76 | 42.47 |
| Hammer Throw | 53.93 | 48.66 |
| Javelin Throw | 58.72 | 42.21 |
| **TEAM EVENTS** | **Men (880 pts)** | **Women (860 pts)** |
| 4x100m | 42.81 | 51.01 |
| 4x400m | 3:21.99 | 4:05.35 |
| **COMBINED EVENTS** | **Men (880 pts)** | **Women (860 pts)** |
| Decathlon | 6390 pts | n.a. |
| Eptathlon | n.a. | 4892 pts |
| **WALK** | **Men (880 pts)** | **Women (860 pts)** |
| 20 km WALK | 1:35:27 | 1:46:58 |
| 50 km WALK | 4:40:45.32 | n.a. |

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| **Sector 1) EAP ELITE** **Stadium events (Not Olympic distances)** | **OUTDOOR** | **OUTDOOR** |
| **RACES & HURDLES** | **Men (880 pts)** | **Women (860 pts)** |
| 300m | 35.27 | 41.94 |
| 500m | 1:05.21 | 1:17.79 |
| 600m | 1:21.73 | 1:38.35 |
| 1000m | 2:28.97 | 2:59.95 |
| Mile (1609m) | 4:16.66 | 5:08.30 |
| 2000m | 5:27.13 | 6:33.48 |
| 2000m Steeple Chase | 6:06.70 | 7:25.66 |
| 3000m | 8:31.40 | 10:18.00 |
| 2 Miles (3218.688m) | 9:10.99 | 11:04.87 |
| 15 km | 47:30 | 58:07 |
| 10 Miles (16.1km) | 51:10 | 1:02:43 |
| 20 km | 1:04:15 | 1:19:43 |
| 25 km | 1:22:26 | 1:41:12 |
| 30 km | 1:41:07 | 2:03:37 |
| 100 km | 7:17:51 | 8:17:11 |
| **TEAM EVENTS** | **Men (880 pts)** | **Women (860 pts)** |
| 4x200m | 1:29.62 | 1:47.99 |
| **WALK** | **Men (880 pts)** | **Women (860 pts)** |
| 3000 m WALK | 13:07.88 | 14:36.73 |
| 5000 m WALK | 22:07.27 | 25:12.29 |
| 10000m WALK | 46:07.97 | 51:50.10 |

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| **Sector 4) EAP RUNNING****Non-stadia events****(Olympic distances)** | **OUTDOOR** | **OUTDOOR** |
| **ROAD RUNNING** | **Men (880 pts)** | **Women (860 pts)** |
| Marathon (42.195 km) | 2:28:05 | 2:59:37 |
| **Sector 4) EAP RUNNING****Non-stadia events events (Not Olympic distances)** | **OUTDOOR** | **OUTDOOR** |
| **ROAD RUNNING** | **Men (880 pts)** | **Women (860 pts)** |
| ½ marathon (21.0975 km) | 1:08:11 | 1:24:02 |
| **WALK** | **Men (880 pts)** | **Women (860 pts)** |
| 3 km WALK | 13:08 | 14:37 |
| 5 km WALK | 22:07 | 25:12 |
| 10 km WALK | 46:07 | 51:50 |
| 15 km WALK | 1:10:26 | 1:19:05 |
| 30 km WALK | 2:33:03 | 2:49:47 |
| 50 km WALK | - | 5:09:31 |
| 15000 m WALK | 1:10:26.34 | 1:19:05.03 |
| 20000 m WALK | 1:35:27.65 | 1:46:58.45 |
| 30000m WALK | 2:33:03.05 | 2:49:47.77 |
| 35000m WALK | 3:00:28.26 | 3:23:52.34 |

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| **Sector 1) EAP ELITE** **Stadium events (Official distances)** | **INDOOR** | **INDOOR** |
| **RACES & HURDLES** | **Men (880 pts)** | **Women (860 pts)** |
| 60m | 7.12 | 8.12 |
| 60m Hurdles | 8.53 | 9.42 |
| 200m | 22.78 | 26.56 |
| 400m | 50.64 | 60.35 |
| 800m | 1:55.33 | 2:21.38 |
| 1500m | 4.01.25 | 4:48.99 |
| 3000m | 8:34.81 | 10:23.76 |
| **JUMPS** | **Men (880 pts)** | **Women (860 pts)** |
| High Jump | 1.96 | 1.63 |
| Pole Vault | 4.58 | 3.67 |
| Long Jump | 6.80 | 5.36 |
| Triple Jump | 14.30 | 11.46 |
| **THROWS** | **Men (800 pts)** | **Women (750 pts)** |
| Shot Put | 14.60 | 12.65 |
| **TEAM EVENTS** | **Men (880 pts)** | **Women (860 pts)** |
| 4x400m | 3:25.85 | 4:08.44 |
| **COMBINED EVENTS** | **Men (880 pts)** | **Women (860 pts)** |
| Eptathlon | 4758 pts | n.a. |
| Pentathlon | n.a. | 3579 pts |

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| **Sector 1) EAP ELITE** **Stadium events (Not official distances)** | **INDOOR** | **INDOOR** |
| **RACES & HURDLES** | **Men (880 pts)** | **Women (860 pts)** |
| 50m | 6.17 | 7.00 |
| 55m | 6.66 | 7.57 |
| 50m Hurdles | 7.28 | 8.01 |
| 55m Hurdles | 7.94 | 8.72 |
| 300m | 35.90 | 42.88 |
| 500m | 1:06.53 | 1:19.66 |
| 600m | 1:23.49 | 1:40.40 |
| 1000m | 2:32.10 | 3:03.03 |
| Mile | 4:20.57 | 5:12.51 |
| 2000m | 5:30.67 | 6:37.87 |
| 2 Miles (3218.688m) | 9:17.63 | 11:11.35 |
| 5000m | 14:49.13 | 17:59.00 |
| **TEAM EVENTS** | **Men (880 pts)** | **Women (860 pts)** |
| 4x200m | 1:30.89 | 1:49.96 |
| **WALK** | **Men (880 pts)** | **Women (860 pts)** |
| 3000m WALK | 13:07.88 | 14:36.73 |
| 5000m WALK | 22:07.27 | 25:12.29 |
| 10000m WALK | 46:07.97 | 51:50.10 |