

<b>Sector 1) EAP ELITE</b> Stadium events (Olympic distances)	<b>OUTDOOR</b>	<b>OUTDOOR</b>
<b>RACES &amp; HURDLES</b>	<b>Men (880 pts)</b>	<b>Women (860 pts)</b>
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
<b>JUMPS</b>	<b>Men (880 pts)</b>	<b>Women (860 pts)</b>
High Jump	1.96	1.63
Pole Vault	4.58	3.67
Long Jump	6.80	5.36
Triple Jump	14.30	11.46
<b>THROWS</b>	<b>Men (800 pts)</b>	<b>Women (750 pts)</b>
Shot Put	14.60	12.65
Discus Throw	45.76	42.47
Hammer Throw	53.93	48.66
Javelin Throw	58.72	42.21
<b>TEAM EVENTS</b>	<b>Men (880 pts)</b>	<b>Women (860 pts)</b>
4x100m	42.81	51.01
4x400m	3:21.99	4:05.35
<b>COMBINED EVENTS</b>	<b>Men (880 pts)</b>	<b>Women (860 pts)</b>
Decathlon	6390 pts	n.a.
Eptathlon	n.a.	4892 pts
<b>WALK</b>	<b>Men (880 pts)</b>	<b>Women (860 pts)</b>
20 km WALK	1:35:27	1:46:58
50 km WALK	4:40:45.32	n.a.

<b>Sector 1) EAP ELITE</b> Stadium events (Not Olympic distances)	<b>OUTDOOR</b>	<b>OUTDOOR</b>
<b>RACES &amp; HURDLES</b>	<b>Men (880 pts)</b>	<b>Women (860 pts)</b>
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
<b>TEAM EVENTS</b>	<b>Men (880 pts)</b>	<b>Women (860 pts)</b>
4x200m	1:29.62	1:47.99
<b>WALK</b>	<b>Men (880 pts)</b>	<b>Women (860 pts)</b>
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

<b>Sector 4) EAP RUNNING</b> Non-stadia events (Olympic distances)	<b>OUTDOOR</b>	<b>OUTDOOR</b>
<b>ROAD RUNNING</b>	<b>Men (880 pts)</b>	<b>Women (860 pts)</b>
Marathon (42.195 km)	2:28:05	2:59:37
<b>Sector 4) EAP RUNNING</b> Non-stadia events events (Not Olympic distances)	<b>OUTDOOR</b>	<b>OUTDOOR</b>
<b>ROAD RUNNING</b>	<b>Men (880 pts)</b>	<b>Women (860 pts)</b>
½ marathon (21.0975 km)	1:08:11	1:24:02
<b>WALK</b>	<b>Men (880 pts)</b>	<b>Women (860 pts)</b>
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

<b>Sector 1) EAP ELITE</b> Stadium events (Official distances)	<b>INDOOR</b>	<b>INDOOR</b>
<b>RACES &amp; HURDLES</b>	<b>Men (880 pts)</b>	<b>Women (860 pts)</b>
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
<b>JUMPS</b>	<b>Men (880 pts)</b>	<b>Women (860 pts)</b>
High Jump	1.96	1.63
Pole Vault	4.58	3.67
Long Jump	6.80	5.36
Triple Jump	14.30	11.46
<b>THROWS</b>	<b>Men (800 pts)</b>	<b>Women (750 pts)</b>
Shot Put	14.60	12.65
<b>TEAM EVENTS</b>	<b>Men (880 pts)</b>	<b>Women (860 pts)</b>
4x400m	3:25.85	4:08.44
<b>COMBINED EVENTS</b>	<b>Men (880 pts)</b>	<b>Women (860 pts)</b>
Eptathlon	4758 pts	n.a.
Pentathlon	n.a.	3579 pts

<b>Sector 1) EAP ELITE</b> Stadium events (Not official distances)	<b>INDOOR</b>	<b>INDOOR</b>
<b>RACES &amp; HURDLES</b>	<b>Men (880 pts)</b>	<b>Women (860 pts)</b>
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
<b>TEAM EVENTS</b>	<b>Men (880 pts)</b>	<b>Women (860 pts)</b>
4x200m	1:30.89	1:49.96
<b>WALK</b>	<b>Men (880 pts)</b>	<b>Women (860 pts)</b>
3000m WALK	13:07.88	14:36.73
5000m WALK	22:07.27	25:12.29
10000m WALK	46:07.97	51:50.10