



WMA APPENDIX A – C 2018 - 2020

APPENDIX A: WMA Hurdle and implement Specifications

APPENDIX B: Scoring of WMA Combined Events Competitions

APPENDIX C: WMA ADVANCEMENT TABLES

WORLD MASTERS ATHLETICS

IN COOPERATION WITH THE IAAF

APPENDIX A WMA Hurdle and implement Specifications

1. HURDLES

WOMEN	Age Group	Race (m)	Height (m)	Number	To First (m)	Interval (m)	To Finish (m)
INDOOR	35-39	60	0.84	5	13	8.5	13
	40-49	60	0.762	5	12	8	16
	50-59	60	0.762	5	12	7	20
	60+	60	0.686	5	12	7	20
SHORT	35-39	100	0.84	10	13	8.5	10.5
	40-49	80	0.762	8	12	8	12
	50-59	80	0.762	8	12	7	19
	60+	80	0.686	8	12	7	19
LONG	35-49	400	0.762	10	45	35	40
	50-59	300	0.762	7	50	35	40
	60-69	300	0.686	7	50	35	40
	70+	200	0.686	5	20	35	40
MEN	Age Group	Race (m)	Height (m)	Number	To First (m)	Interval (m)	To Finish (m)
INDOOR	35-49	60	0.991	5	13.72	9.14	9.72
	50-59	60	0.914	5	13	8.5	13
	60-69	60	0.84	5	12	8	16
	70-79	60	0.762	5	12	7	20
	80+	60	0.686	5	12	7	20
SHORT	35-49	110	0.991	10	13.72	9.14	14.02
	50-59	100	0.914	10	13	8.5	10.5
	60-69	100	0.84	10	12	8	16
	70-79	80	0.762	8	12	7	19
	80+	80	0.686	8	12	7	19
LONG	35-49	400	0.914	10	45	35	40
	50-59	400	0.84	10	45	35	40
	60-69	300	0.762	7	50	35	40
	70-79 80+	300 200	0.686 0.686	7 5	50 20	35 35	40 40

2. IMPLEMENT SPECIFICATIONS

	Hammer	Shot Put	Discus	Javelin	Weight (kg)
WOMEN					
35-49	4kg	4kg	1kg	600gm	9.080 (20lb)
50-59	3kg	3kg	1kg	500gm	7.260 (16lb)
60-74	3kg	3kg	1kg	500gm	5.450 (12lb)
75+	2kg	2kg	0.75kg	400gm	4.000 (8.8lb)
MEN					
35-49	7.26	7.26	2kg	800gm	15.880 (35lb)
50-59	6kg	6kg	1.5	700gm	11.340 (25lb)
60-69	5kg	5kg	1kg	600gm	9.080 (20lb)
70-79	4kg	4kg	1kg	500gm	7.260 (16lb)
80 +	3kg	3kg	1kg	400gm	5.450 (12lb)

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3. Shot Put

Minimum Weight	Diameters:				
	Min.	Max.			
7.260K	110mm	130mm			
6.000K	105mm	130mm			
5.000K	100mm	130mm			
4.000K	95mm	130mm			
3.000K	85mm	130mm			
2.000K	80mm	110mm			

4. Discus

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

Specifications for .750kg	Min	Max
Minimum Weight	.750kg	
Outside Diameter of metal rim	166mm	182mm
Diameter of metal plate or flat center area	50mm	57mm
Thickness of metal plate or flat center area	33mm	39mm
Thickness of rim (6mm from edge)	10mm	13mm

5. Javelin

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

Specifications for 400gm

Minimum Weight	400gm	Min	Max
Overall Length	min	1.85m	1.95m
Length of metal head	min	200mm	250mm
Distance from tip of metal head to center of gravity	min	0.75m	0.80m
Diameter of shaft at thickest point	min	20mm	23mm
Width of cord grip	min	130mm	140mm

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

6. Hammer

See IAAF Rule 191 for Hammer Specifications for 3.000kg, 4.000kg, 6.000kg

Specifications for 2.00kg

Minimum Weight 2.000kg

Min Max

Diameter of head 75mm 100mm
Length of hammer measured from inside of handle 1195mm

7. Outdoor Weight

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 a manner that it is immovable. The centre of gravity of the head, less the link(s) and the handle, shall be 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 a 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 ensure 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 be 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).

Minimum Weight	Diameter				
	Min.	Max			
15.88kg	145mm	165mm			
11.34kg	130mm	150mm			
9.08kg	120mm	140mm			
7.26kg	110mm	130mm			
5.45kg	100mm	120mm			
4.00kg	95mm	110mm			

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

8. Indoor Weight

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 a 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.

Minimum Weight	Diameter				
	Min.	Max			
15.88kg	145mm	180mm			
11.34kg	130mm	165mm			
9.08kg	120mm	155mm			
7.26kg	110mm	145mm			
5.45kg	100mm	135mm			
4.00kg	95mm	110mm			

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

APPENDIX 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 below. 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 reduced 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 the actual performance times by 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

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.

1.54 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.

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 must 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 Masters 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 in the throws pentathlete throws the 7.26 kilogram (16 pound) weight 14.67 meters.

14.67 times the 1.1408 Age Factor equals a 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 formulas 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.

For a given performance, the point score (P) is calculated using one of the following equations:

Track Events: P = a *(b - T)**c (where T is Time in seconds

Jumps P = a*(M-b)**c (where M is Measurement in centimeters)

Throws $P = a^*(D-b)^{**}c$ (where D is Distance in meters)

Parameters

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

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^{*} means multiplied by and ** means raised to the power of

a, b, and c are parameters whose values are listed below..

WMA AGE FACTORS (age Graded Table)

ADAPTED AND CORRECTED 2012 reworked and completed from Jan 2014

by Bernd Rehpenning (GER) Serge Beckers (BEL) Giuseppa Lacava (ITA)

			1	1		1	ı		L) Gluse			1	1	1	ı
MEN	١	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95	M100
60m		0.9859	0.9568			0.8695	0.8404	0.8101		0.7399			0.5725	0.4840	0.2783
60m H (indo	or)	0.9838	0.9466	0.9094	0.8922	0.8550	0.8312	0.7940		0.7328					0.3137
80m Hurdles		-	-	-	-	-	-	-	1.0220	0.9845	0.8912	0.8344	0.7496	0.6129	0.2981
100m Hurdle		-	-	-	0.9604	0.9229	0.9012	0.8637							
110m / 0.991	.m		0.9526												
100m													0.5735		
200m		0.9837	0.9536	0.9235	0.8934	0.8633	0.8332	0.8007	0.7642	0.7215			0.5231		
200m Hurdle											0.9641	0.8877	0.7627	0.6118	0.2718
300m Hurdle							0.8568	0.7852	0.7046	0.6146					
400m Hurdle	:S			0.9144											
400m				0.9054			0.8154		0.7460						0.2469
800m				0.9203			0.8133						0.4498		
1.000m (indo	oor)			0.9146			0.7968		0.7111					0.2791	
1.500m		0.9913	0.9519	0.9125	0.8731	0.8337	0.7939		0.7079				1		0.1908
2000m Steep			0.0====	0.05=5	0.00	00:	1.2434	1.1572	1.0645	0.9643	0.8546	0.7324	0.6072	0.4736	0.3765
3000m Steep	olechase			0.9078		0.8156									
3000m				0.9304					0.7487						0.1868
5000m				0.9302			0.8255						0.4417		0.1868
10000m				0.9296		0.8592	0.8240		0.7418					0.3174	0.1868
High Jump			1.0486	_	1.1617	1.2280	1.3025	1.3869		1.5943				2.2925	3.5000
Pole Vault			1.0773			1.3182	1.4236		1.6949					3.2362	4.8547
Long Jump				1.1551			1.4078		1.6482					2.8760	6.4392
Triple Jump	7.2501			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 1004	1 21 15									
	6.000kg 5.000kg	-	-	-	1.1864	1.3145	1 2002	1 4656							
	4.000kg	-	-	-	-	-	1.3082	1.4656	1.4524	1 6400					
	3.000kg								1.4524	1.0490	1 065/	2 2212	2.7616	2 6905	5.6369
Shot Put	7.250kg	1 0272	1 1127	1 2022							1.6034	2.2212	2.7010	3.0093	3.0309
Shot Fut	6.000kg	1.0372	1.1157	1.2023	1.1721	1.2706									
	5.000kg				-	1.2700	1.2482	1.3607							
	4.000kg			_			1.2402	1.3007	1.2806	1 3003					
	3.000kg								1.2800	1.3333	1 5053	1 6866	1.9535	2 4044	3 3512
Discus	2.000kg	1 0143	1 1014	1 2049							1.5055	1.0000	1.5555	2.4044	3.3312
	1.500kg	-	-	-	1.0218	1 1103									
	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			2.0020					2.0000		0.0.70	0.0220
	700g	-	-	-	1.2278	1.3380									
	600g	-	-	-	-	-	1.4140	1.5620							
	500g	-	-	-	-	-	-	-	1.6801	1.8932					
	400g	-	-	-	-	-	-	-	-	-	2.0952	2.4378	2.9137	3.6206	8.7034
Weight	15.880k	1.0203	1.0898	1.1697											
	11.340k	-	-	-	1.0488	1.1225									
	9.080kg	-	-	-	-	-	1.0424	1.1153							
	7.260kg	-	-	-	-	-	-	-	1.1408	1.2286					
	5.450kg	-	-	-	-	-	-	-	-	-	1.3043	1.4452	1.6714	2.1057	3.2456
				<u>l</u>				<u>l</u>			1.55-5	1	1 2.07 1-7	,	J.2-750

WMA AGE FACTORS (age Graded Table)

ADAPTED AND CORRECTED 2012 reworked and completed from Jan 2014

by Bernd Rehpenning (GER) Serge Beckers (BEL) Giuseppa Lacava (ITA)

Com									1				1			-
60m H (indoor)	WOM	1EN	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90	W95	W100
Note	60m		0.9890	0.9538	0.9186	0.8834	0.8482	0.8130	0.7778	0.7386	0.6940	0.6410	0.5750	0.4898	0.3776	0.2417
100m Hurdles 0.9852 - - - - - - - - -	60m H (indo	or)	0.9644	0.9060	0.8965	0.8621	0.8277	0.7923	0.7560	0.7184	0.6739	0.6209	0.5549	0.4697	0.3572	0.2417
100m	80m Hurdles	S	-	1.1834	1.0914	1.0964	1.0044	0.9924	0.9004	0.8084	0.7114	0.5946	0.4391	0.2209	0.1803	0.1312
200m 0.9702 0.9342 0.8982 0.8622 0.8262 0.7902 0.7542 0.7068 0.6545 0.5857 0.4932 0.3600 0.2938 0.200m Hurdles 0.900m 0.9338 0.8568 0.8138 0.1888 0.1888 0.9682 0.800m 0.9914 0.8938 0.8568 0.8575 0.8167 0.7715 0.7201 0.6602 0.5889 0.5026 0.3969 0.2665 0.2132 0.800m 0.9951 0.9537 0.9123 0.8709 0.8295 0.7848 0.7342 0.6752 0.6053 0.5220 0.4228 0.3052 0.2554 0.1500m 0.9872 0.9457 0.9042 0.8627 0.8212 0.7759 0.7242 0.6635 0.5912 0.5047 0.4014 0.3140 0.1999 0.2000m 0.9872 0.9457 0.9042 0.8627 0.8212 0.7759 0.7242 0.6635 0.5912 0.5047 0.4014 0.3140 0.1999 0.2000m 0.9872 0.9572 0.9144 0.8716 0.8276 0.7803 0.7276 0.6669 0.5952 0.5900 0.4047 0.3506 0.2225 0.2500m 0.000m 0.9775 0.9150 0.8725 0.8300 0.7848 0.7333 0.6797 0.6160 0.5420 0.4553 0.3495 0.2219 0.1000m 0.9589 0.9160 0.8740 0.8320 0.7874 0.7382 0.6822 0.6169 0.5394 0.4464 0.3670 0.2470 0.000 0.9589 0.9160 0.8740 0.8320 0.7874 0.7382 0.6822 0.6169 0.5394 0.4464 0.3670 0.2470 0.000 0.9589 0.1600 0.8740 0.8320 0.7874 0.7382 0.6822 0.6169 0.5394 0.4464 0.3670 0.2470 0.000 0.9589 0.1600 0.8740 0.8320 0.7874 0.7382 0.6822 0.6169 0.5394 0.4464 0.3670 0.2470 0.0000 0.0000 0.0000 0.14051 0.14151 0.12512 0.2538 0.3495 0.2513 0.1451 0.1512 0.1036 0.1451 0.2538 0.3495 0.2538 0.3575 0.4000 0.1557 0.6669 0.5394 0.4464 0.3670 0.2470 0.0000 0.0000 0.0000 0.00000 0.00000 0.000000 0.00000000	100m Hurdle	es	0.9852	-	-	-	-	-	-	-	-	-	-	-	-	-
200m Hurdles	100m		0.9900	0.9548	0.9196	0.8844	0.8492	0.8140	0.7788	0.7396	0.6950	0.6420	0.5760	0.4908	0.3786	0.2706
300m Hurdles 1.2138 1.1388 1.0582 0.9682	200m		0.9702	0.9342	0.8982	0.8622	0.8262	0.7902	0.7542	0.7068	0.6545	0.5857	0.4932	0.3600	0.2938	0.1917
A00m Hurdles	200m Hurdle	es								1.4794	1.3902	1.2510	0.9724	0.8943	0.7856	0.6012
400m Hurdles 0.9799 0.9391 0.8983 0.8575 0.8167 0.7715 0.7201 0.6602 0.5889 0.5026 0.3969 0.2665 0.2132 0 800m 0.9951 0.9537 0.9123 0.8709 0.8295 0.7848 0.7342 0.6752 0.6053 0.5220 0.4228 0.3052 0.2554 0 1.500m 0.9872 0.9457 0.9042 0.8627 0.8212 0.7759 0.7242 0.6635 0.5912 0.5047 0.4014 0.3140 0.1999 0 2000m Steeplechase 1.0000 0.9582 0.9164 0.8746 0.8316 0.7862 0.7358 0.6754 0.5966 0.4902 0.4049 0.3211 0.2417 0 3000m 1.0000 0.9572 0.9140 0.8716 0.8276 0.7803 0.7276 0.6669 0.5952 0.5090 0.4047 0.3506 0.2225 0 5000m 1.0000 0.9759 0.9150 0.8720 0.8320	300m Hurdle	es				1.2138	1.1388	1.0582	0.9682							
Note	400m Hurdle	es	1.0000	0.9338	0.8568											
1.500m	400m Hurdle	es	0.9799	0.9391	0.8983	0.8575	0.8167	0.7715	0.7201	0.6602	0.5889	0.5026	0.3969	0.2665	0.2132	0.1625
2000m Steeplechase 1.0000 0.9582 0.9164 0.8746 0.8316 0.7862 0.7358 0.6754 0.5966 0.4902 0.4089 0.3211 0.2417 0.3000m 0.0000 0.9572 0.9144 0.8716 0.8276 0.7803 0.7276 0.6669 0.5952 0.5090 0.4047 0.3506 0.2225 0.5000m 0.0000 0.9775 0.9150 0.8725 0.8300 0.7848 0.7353 0.6797 0.6160 0.5420 0.4553 0.3495 0.2219 0.40000m 0.0000 0.9589 0.9160 0.8740 0.8320 0.7874 0.7382 0.6822 0.6169 0.5394 0.4464 0.3670 0.2470 0.4169 0.512 0.0000 0.0512 0.1036 0.1614 0.2256 0.2973 0.3779 0.4708 0.5795 0.7094 0.8681 0.0673 0.3261 0.6766 0.5940 0.4047 0.3670 0.2470 0.4169 0.512 0.00000 0.00000 0.00000 0.000000 0.000000 0.000000 0.0000000 0.0000000 0.00000000	800m		0.9951	0.9537	0.9123	0.8709	0.8295	0.7848	0.7342	0.6752	0.6053	0.5220	0.4228	0.3052	0.2554	0.2007
3000m	1.500m		0.9872	0.9457	0.9042	0.8627	0.8212	0.7759	0.7242	0.6635	0.5912	0.5047	0.4014	0.3140	0.1999	0.1698
5000m 1.0000 0.9775 0.9150 0.8725 0.8300 0.7848 0.7353 0.6797 0.6160 0.5420 0.4553 0.3495 0.2219 0 10000m 1.0000 0.9589 0.9160 0.8740 0.8320 0.7874 0.7382 0.6822 0.6169 0.5394 0.4464 0.3670 0.2470 0 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 Pole Vault 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 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 Triple Jump 1.0186 1.0780 1.1448 1.2204 1.3066	2000m Stee	plechase	1.0000	0.9582	0.9164	0.8746	0.8316	0.7862	0.7358	0.6754	0.5966	0.4902	0.4089	0.3211	0.2417	0.1668
10000m	3000m		1.0000	0.9572	0.9144	0.8716	0.8276	0.7803	0.7276	0.6669	0.5952	0.5090	0.4047	0.3506	0.2225	0.1768
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 Pole Vault 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 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 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 Hammer 4.000kg 1.0942 1.1763 1.2717 1.8918 2.1630 2.5284 3.0478 3.8446 5 Shot Put 4.000kg 1.0368 1.1100 1.1943 - - - - - - - - - - - - </td <td>5000m</td> <td></td> <td>1.0000</td> <td>0.9775</td> <td>0.9150</td> <td>0.8725</td> <td>0.8300</td> <td>0.7848</td> <td>0.7353</td> <td>0.6797</td> <td>0.6160</td> <td>0.5420</td> <td>0.4553</td> <td>0.3495</td> <td>0.2219</td> <td>0.1768</td>	5000m		1.0000	0.9775	0.9150	0.8725	0.8300	0.7848	0.7353	0.6797	0.6160	0.5420	0.4553	0.3495	0.2219	0.1768
Pole Vault 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 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 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 Hammer 4.000kg 1.0942 1.1763 1.2717	10000m		1.0000	0.9589	0.9160	0.8740	0.8320	0.7874	0.7382	0.6822	0.6169	0.5394	0.4464	0.3670	0.2470	0.1768
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 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 Hammer 4.000kg 1.0942 1.1763 1.2717	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
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 Hammer 4.000kg 1.0942 1.1763 1.2717 -	Pole Vault		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
Hammer 4.000kg 1.0942 1.1763 1.2717	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
3.000kg 1.2838 1.3984 1.5353 1.7038 1.9160	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
2.000kg	Hammer	4.000kg	1.0942	1.1763	1.2717											
Shot Put 4.000kg 1.0368 1.1100 1.1943 -		3.000kg	1	-	-	1.2838	1.3984	1.5353	1.7038	1.9160						
3.000kg 1.2607 1.3706 1.5015 1.6600 1.8559		2.000kg									1.8918	2.1630	2.5284	3.0478	3.8446	5.2219
	Shot Put	4.000kg	1.0368	1.1100	1.1943				-	-	-	-	-	-	-	
2 000kg		3.000kg	-	-	-	1.2607	1.3706	1.5015	1.6600	1.8559						
		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	Discus	1.000kg	1.0368	1.1150	1.2058	1.3128	1.4407	1.5961	1.7927	2.0542						
0.750kg 2.1546 2.5220 3.0404 3.8270 5.1626 7		0.750kg	-	-	-	-	-	-	-	-	2.1546	2.5220	3.0404	3.8270	5.1626	7.9302
Javelin 600g 1.0621 1.1475 1.2479	Javelin	600g	1.0621	1.1475	1.2479											
500g 1.3147 1.4482 1.6118 1.8171 2.0992		500g	ı	-	-	1.3147	1.4482	1.6118	1.8171	2.0992						
400g 2.2794 2.7129 3.3500 4.3782 6.3171 1:		400g	-	-	-	-	-				2.2794	2.7129	3.3500	4.3782	6.3171	11.3370
Weight 9.080kg 1.0922 1.1852 1.2955	Weight	9.080kg	1.0922	1.1852	1.2955											
7.260kg 1.1822 1.2918		7.260kg	-	-	-	1.1822	1.2918									
5.450kg 1.2108 1.3260 1.4667		5.450kg	-	-	-	-	-	1.2108	1.3260	1.4667						
4.000kg 1.3955 1.5424 1.7304 1.9798 2.3272 2		4.000kg									1.3955	1.5424	1.7304	1.9798	2.3272	2.8449

APPENDIX C WMA ADVANCEMENT TABLES

OUTDOOR

P = Number of athletes qualified by their place; T = Number of athletes qualified by their time

8 lanes (100m, 200m, 400m, Hurdles)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-8	0		0		1
9-16	0		2	2 P 4 T	1
17-24	0		3	2 P 2 T	1
25-32	4	2 P 8 T	2	2 P 4 T	1
33-40	5	2 P 6 T	2	2 P 4 T	1
41-48	6	2 P 4 T	2	2 P 4 T	1
49-56	7	2 P 10 T	3	2 P 2 T	1
57-64	8	2 P 8 T	3	2 P 2 T	1
65-72	9	2 P 6 T	3	2 P 2 T	1
73-80	10	2 P 4 T	3	2 P 2 T	1
81-88	11	1 P 13 T	3	2 P 2 T	1
89-96	12	1 P 12 T	3	2 P 2 T	1

9 lanes (100m, 200m, 400m, Hurdles)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-9	0		0		1
10-18	0		2	2 P 4 T	1
19-27	0		3	2 P 2 T	1
28-36	4	2 P 8 T	2	2 P 4 T	1
37-45	5	2 P 6 T	2	2 P 4 T	1
46-54	6	2 P 4 T	2	2 P 4 T	1
55-63	7	2 P 10 T	3	2 P 2 T	1
64-72	8	2 P 8 T	3	2 P 2 T	1
73-81	9	2 P 6 T	3	2 P 2 T	1
82-90	10	2 P 4 T	3	2 P 2 T	1
91-99	11	1 P 13 T	3	2 P 2 T	1
100-108	12	1 P 12 T	3	2 P 2 T	1

8-9 Lanes Tracks (800m)

Lanes Tracks (800m	<u>/</u>	1	Т		T
Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-12	0		0		1
13-24	0		2	2 P 8 T	1
25-36	0		3	2 P 6 T	1
37-48	0		4	2 P 4 T	1
49-60	5	2 P 14 T	2	2 P 8 T	1
61-72	6	2 P 12 T	2	2 P 8 T	1
73-84	7	2 P 10 T	2	2 P 8 T	1
85-96	8	2 P 8 T	2	2 P 8 T	1
97-108	9	2 P 6 T	2	2 P 8 T	1

8-9 Lanes Tracks (1500m)

Number of Competitors	Heats	Qualifying	Final
1-16	0		1
17-32	2	3 P 10 T	1
33-48	3	2 P 10 T	1
49-64	4	2 P 8 T	1
65-80	5	2 P 6 T	1
81-96	6	2 P 4 T	1
97-112	7	1P 9T	1
113-128	8	1P 8T	1

INDOOR

P = Number of athletes qualified by their place; T = Number of athletes qualified by their time

8 lanes (60m, 60m Hurdles)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-8	0		0		1
9-16	0		2	2 P 4 T	1
17-24	0		3	2 P 2 T	1
25-32	4	2 P 8 T	2	2 P 4 T	1
33-40	5	2 P 6 T	2	2 P 4 T	1
41-48	6	2 P 4 T	2	2 P 4 T	1
49-56	7	2 P 10 T	3	2 P 2 T	1
57-64	8	2 P 8 T	3	2 P 2 T	1
65-72	9	2 P 6 T	3	2 P 2 T	1
73-80	10	2 P 4 T	3	2 P 2 T	1
81-88	11	1 P 13 T	3	2 P 2 T	1
89-96	12	1 P 12 T	3	2 P 2 T	1

6 lanes (60m, 200m, 400m, 60m Hurdles)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-6	0		0		1
7-12	0		2	2 P 2 T	1
13-18	0		3	1 P 3T	1
19-24	4	2 P 4 T	2	2 P 2 T	1
25-30	5	2 P 2 T	2	2 P 2 T	1
31-36	6	2 P 6 T	3	1 P 3T	1
37-42	7	2 P 4 T	3	1 P 3T	1
43-48	8	2 P 2 T	3	1 P 3T	1
49-54	9	1P 9T	3	1 P 3T	1
55-60	10	1P 8T	3	1 P 3T	1
61-66	11	1P 7T	3	1 P 3T	1
67-72	12	1P 6T	3	1 P 3T	1

6 Lanes Tracks (800m)

Number of Competitors	Heats	Qualifying	Semi Finals	Qualifying	Final
1-9	0		0		1
10-18	0		2	2 P 5 T	1
19-27	0		3	2 P 3 T	1
28-36	4	2 P 10 T	2	2 P 4 T	1
37-45	5	2 P 8 T	2	2 P 5 T	1
46-54	6	2 P 6 T	2	2 P 5 T	1
55-63	7	2 P 4 T	2	2 P 5 T	1
64-72	8	2 P 11 T	3	2 P 3 T	1
71-81	9	2 P 9 T	3	2 P 3 T	1
82-90	10	2 P 7 T	3	2 P 3 T	
91-99	11	2 P 5 T	3	2 P 3 T	

6 Lanes Tracks (1500m)

Number of Competitors	Heats	Qualifying	Final
1-12	0		1
13-24	2	2 P 8 T	1
25-36	3	2 P 6 T	1
37-48	4	2 P 4 T	1
49-60	5	2 P 2 T	1
61-72	6	1 P 6 T	1
73-84	7	1 P 5 T	1
85-96	8	1 P 4 T	1