|  |
| --- |
| **TÜRKİYE ATLETİZM FEDERASYONU 2024 KADINLAR TOHM BARAJ DERECELERİ** |
| **BRANŞLAR** | **16 YAŞ - 2008** | **17 YAŞ- 2007** | **18 YAŞ - 2006** | **19 YAŞ - 2005** | **20 YAŞ - 2004** | **21 YAŞ - 2003** | **22 YAŞ - 2002** |
| **100M** | **12.50** | **12.40** | **12.10** | **12.05** | **11.95** | **11.90** | **11.85** |
| **200M** | **25.70** | **25.60** | **25.00** | **24.90** | **24.80** | **24.70** | **24.60** |
| **400M** | **58.40** | **58.00** | **57.40** | **57.00** | **56.80** | **56.40** | **56.00** |
| **100M ENG** | **14.50 (76.2)** | **14.45 (76.2)** | **14.30 (84.0)** | **14.25 (84.0)** | **14.10 84.0)** | **14.05 (84.0)** | **14.00 (84.0)** |
| **400M ENG** | **64.40 (76.2)** | **64.00 (76.2)** | **62.40 (76.2)** | **62.00 (76.2)** | **61.70 (76.2)** | **61.40 (76.2)** | **61.00 (76.2)** |
| **800M** | **2.17.30** | **2.16.30** | **2.12.30** | **2.11.30** | **2.10.30** | **2.09.30** | **2.08.30** |
| **1500M** | **4.44.30** | **4.42.30** | **4.35.30** | **4.33.30** | **4.31.30** | **4.29.30** | **4.27.30** |
| **3000M** | **10.02.30** | **9.56.30** | **9.54.30** | **9.51.30** | **-** | **-** | **-** |
| **5000M** | **X** | **X** | **17.18.30** | **17.14.30** | **16.50.30** | **16.45.30** | **16.42.30** |
| **2000M ENG** | **7.19.30** | **7.17.30** | **X** | **X** | **X** | **X** | **X** |
| **3000M ENG** | **X** | **X** | **10.50.30** | **10.47.30** | **10.39.30** | **10.35.30** | **10.31.30** |
| **YÜKSEK** | **1.66** | **1.68** | **1.70** | **1.72** | **1.74** | **1.76** | **1.78** |
| **SIRIK** | **3.40** | **3.50** | **3.60** | **3.70** | **3.80** | **3.90** | **4.00** |
| **UZUN** | **5.40** | **5.50** | **5.60** | **5.70** | **5.80** | **5.90** | **6.00** |
| **ÜÇ ADIM** | **11.70** | **11.90** | **12.10** | **12.30** | **12.50** | **12.60** | **12.70** |
| **GÜLLE** | **13.30 (3kg)** | **13.70 (3kg)** | **13.00 (4kg)** | **13.30 (4kg)** | **13.60 (4kg)** | **13.80 (4kg)** | **14.00 (4kg)** |
| **DİSK** | **37.50 (1kg)** | **38.50 (1kg)** | **43.00 (1kg)** | **44.50 1kg)** | **46.00 (1kg)** | **47.00 (1kg)**  | **48.00 (1kg)** |
| **CİRİT** | **43.50 (500gr)** | **45.00 (500gr)** | **44.50 (600gr)** | **46.00 (600gr)** | **47.00 (600gr)** | **48.00 (600gr)** | **49.00 (600gr)** |
| **ÇEKİÇ** | **54.00 (3kg)** | **55.00 (3kg)** | **54.00 (4kg)** | **55.00 (4kg)** | **57.00 (4kg)** | **58.00 (4kg)** | **59.00 (4kg)** |
| **5KM Yürüyüş** | **27.00** | **26.40** |  |  |  |  |  |
| **10km Yürüyüş** | **x** | **x** | **52.40** | **52.20** |  |  |  |
| **20KM Yürüyüş** | **X** | **X** | **X** | **X** | **1.50.00** | **1.49.30** | **1.49.00** |
| **HEPTATLON**  | **3700 puan** | **3900 puan** |  **4100 puan** |  **4300 puan** |  **4500 puan** |  **4700 puan** | **4900 puan** |

|  |
| --- |
| **TÜRKİYE ATLETİZM FEDERASYONU 2024 ERKEKLER TOHM BARAJ DERECELERİ** |
| **BRANŞLAR** | **16 YAŞ - 2008** | **17 YAŞ- 2007** | **18 YAŞ - 2006** | **19 YAŞ - 2005** | **20 YAŞ - 2004** | **21 YAŞ - 2003** | **22 YAŞ - 2002** |
| **100M** | **11.20** | **11.10** | **10.85** | **10.80** | **10.70** | **10.65** | **10.60** |
| **200M** | **22.70** | **22.60** | **21.90** | **21.80** | **21.65** | **21.55** | **21.45** |
| **400M** | **51.20** | **50.80** | **49.00** | **48.60** | **48.20** | **47.90** | **47.60** |
| **110M ENG** | **14.70 (91,4)** | **14.65 (91,4)** | **14.40 (99,1)** | **14.35 (99,1)** | **14.60 (1,067)** | **14.55 (1,067)** | **14.50 (1,067)** |
| **400M ENG** | **56.70 (0,838)** | **56.40 (0,838)** | **54.50 (91.4)** | **54.20 (91.4)** | **53.80 (91.4)** | **53.40 (91.4)** | **53.00 (91.4)** |
| **800M** | **1.58.30** | **1.57.30** | **1.53.30** | **1.52.30** | **1.51.30** | **1.50.30** | **1.49.30** |
| **1500M** | **4.05.30** | **4.03.30** | **3.54.30** | **3.52.30** | **3.50.30** | **3.48.30** | **3.46.30** |
| **3000M** | **8.37.30** | **8.35.30** | **8.27.30** | **8.25.30** | **X** | **X** | **X** |
| **5000M** | **X** | **X** | **14.45.30** | **14.40.30** | **14.20.30** | **14.15.30** | **14.10.30** |
| **2000M ENG** | **6.13.30** | **6.11.30** | **X** | **X** | **X** | **X** | **X** |
| **3000M ENG** | **X** | **X** | **9.22.30** | **9.18.30** | **9.13.30** | **9.09.30** | **9.05.30** |
| **YÜKSEK** | **1.96** | **1.98** | **2.02** | **2.04** | **2.06** | **2.08** | **2.10** |
| **SIRIK** | **4.30** | **4.40** | **4.60** | **4.70** | **4.90** | **5.00** | **5.10** |
| **UZUN** | **6.70** | **6.80** | **7.10** | **7.20** | **7.30** | **7.40** | **7.50** |
| **ÜÇ ADIM** | **13.80** | **14.00** | **14.60** | **14.80** | **15.10** | **15.20** | **15.30** |
| **GÜLLE** | **16.00 (5kg)** | **16.50 (5kg)** | **16.50 (6kg)** | **17.00 (6kg)** | **16.00 (7.260gr)** | **16.50 (7.260gr)** | **17.00 (7.260gr)** |
| **DİSK** | **50.00 (1500gr)** | **51.00 (1500gr)** | **51.00 (1750gr)** | **52.00 (1750gr)** | **51.00 (2kg)** | **52.00 (2kg)** | **53.00 (2kg)** |
| **CİRİT** | **60.00 (700gr)** | **61.00 (700gr)** | **63.50 (800gr)** | **64.50 (800gr)** | **67.00 (800gr)** | **68.00 (800gr)** | **69.00 (800gr)** |
| **ÇEKİÇ** | **60.00 (5kg)** | **61.00 (5kg)** | **63.00 6kg)** | **64.00 (6kg)** | **62.00 (7.260gr)** | **63.00 (7.260gr)** | **64.00 (7.260gr)** |
| **10KM Yürüyüş** | **50.00** | **49.30** | **48.00** | **47.30** | **X** | **X** | **X** |
| **20KM Yürüyüş** | **X** | **X** | **X** | **X** | **1.37.00** | **1.36.30** | **1.36.00** |
| **DEKATLON**  | **4900 PUAN** |  **5100 PUAN** |  **5400 PUAN** | **5600 PUAN** | **6000 PUAN** | **6200 PUAN** | **6400 PUAN** |