

**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**

<b>WOMEN</b>	Age	Race	Hurdle	Number of	Distance	Distance	Distance
	Groups	Distance	Height	Hurdles	To First	Between	To Finish
<b>Indoor</b>	W35-39	60m	.840m(33")	5	13m	8.5m	13m
	W40-49	60m	.762m(30")	5	12m	8m	16m
	W50-59	60m	.762m(30")	5	12m	7m	20m
	W60+	60m	.686m(27")	5	12m	7m	20m
<b>Short</b>	W35-39	100m	.840m(33")	10	13m	8.5m	10.5m
	W40-49	80m	.762m(30")	8	12m	8m	12m
	W50-59	80m	.762m(30")	8	12m	7m	19m
	W60+	80m	.686m(27")	8	12m	7m	19m
<b>Long</b>	W35-49	400m	.762m(30")	10	45m	35m	40m
	W50-59	300m	.762m(30")	7	50m	35m	40m
	W60-69	300m	.686m(27")	7	50m	35m	40m
	W70+	200m	.686m(27")	5	20m	35m	40m

**Steeplechase**  
W35+ 2000m .762m(30") 18 barriers & 5 water jumps

<b>MEN</b>	Age	Race	Hurdle	Number of	Distance	Distance	Distance
	Groups	Distance	Height	Hurdles	To First	Between	To Finish
<b>Indoor</b>	M35-49	60m	.991m(39")	5	13.72m	9.14m	9.72m
	M50-59	60m	.914m(36")	5	13m	8.5m	13m
	M60-69	60m	.840m(33")	5	12m	8m	16m
	M70-79	60m	.762m(30")	5	12m	7m	20m
	M80+	60m	.686m(27")	5	12m	7m	20m
<b>Short</b>	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
	M70-79	80m	.762m(30")	8	12m	7m	19m
	M80+	80m	.686m(27")	8	12m	7m	19m
<b>Long</b>	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
<b>WOMEN</b>	W35-49	4K	4K	4K	1.0K	600G	9.08K (20#)
	W50-59	3K	3K	3K	1.0K	500G	7.26K (16#)
	W60-74	3K	3K	3K	1.0K	500G	5.45K (12#)
	W75+	2K	2K	2K	.75K	400G	4.00K (8.9#)
<b>MEN</b>	M35-49	7.26K(16#)	7.26K(16#)	7.26K(16#)	2.0K	800G	15.88K (35#)
	M50-59	6K	6K	6K	1.5K	700G	11.34K (25#)
	M60-69	5K	5K	5K	1.0K	600G	9.08K (20#)
	M70-79	4K	4K	4K	1.0K	500G	7.26K (16#)
	M80+	3K	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. Men	Max. Men	Max. 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	<b>400g</b>			
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
	Minimum / Maximum	Minimum / Maximum
7.260K	7.265K - 7.285K	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 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).

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	
	Minimum / Maximum	Minimum	Maximum
15.88K	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	
	Minimum / Maximum	Minimum	Maximum
15.88K	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.

**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:**  $Points = a ( b - Performance )^c$

**Jumping and Throwing Events:**  $Points = a ( Performance - b )^c$

**APPENDIX B continued**

<b>Men:</b>	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	
	<b>Women:</b>	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 <sup>*1)</sup>	,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										0,9641	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	5,6369
Shot Put	7,250kg	1,0372	1,1137	1,2023	1,3063	1,4300	1,5795	1,7670						

	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		
<b>Discus</b>	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			
<b>Javelin</b>	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			
<b>Weight</b>	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			

WOMEN	MODEL 2014													
	Age factors for Masters Events													
	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90	W95	W100
<b>60m</b>	,9890	,9538	,9186	,8834	,8482	,8130	,7778	,7386	,6940	,6410	,5750	,4898	,3776	,2417
<b>60m H (indoor)</b>	,9644	,9060	,8965	,8621	,8277	,7923	,7560	,7184	,6739	,6209	,5549	,4697	,3572	,2417
<b>80m Hurdles</b>	-	1,1834	1,0914	1,0964	1,0044	,9924	,9004	,8084	,7114	,5946	,4391	,2209	,1803	,1312
<b>100m Hurdles</b>	,9852	-	-	-	-	-	-	-	-	-	-	-	-	-
<b>100m</b>	,9900	,9548	,9196	,8844	,8492	,8140	,7788	,7396	,6950	,6420	,5760	,4908	,3786	,2706
<b>200m</b>	,9702	,9342	,8982	,8622	,8262	,7902	,7542	,7068	,6545	,5857	,4932	,3600	,2938	,1917
<b>200m Hurdles</b>										1,3902	1,2510	,9724	,8943	,7856
<b>300m Hurdles</b>				1,2138	1,1388	1,0582	,9682	,8612	0,7220					
<b>400m Hurdles</b>	1,0000	,9338	,8568											
<b>400m *3)</b>	,9799	,9391	,8983	,8575	,8167	,7715	,7201	,6602	,5889	,5026	,3969	,2665	,2132	,1625
<b>800m</b>	,9951	,9537	,9123	,8709	,8295	,7848	,7342	,6752	,6053	,5220	,4228	,3052	,2554	,2007
<b>1.500m *3)</b>	,9872	,9457	,9042	,8627	,8212	,7759	,7242	,6635	,5912	,5047	,4014	,3140	,1999	,1698
<b>2000m St Ch</b>	1,0000	,9582	,9164	,8746	,8316	,7862	,7358	,6754	,5966	,4902	,4089	,3211	,2417	,1668
<b>3000m</b>	1,0000	,9572	,9144	,8716	,8276	,7803	,7276	,6669	,5952	,5090	,4047	,3506	,2225	,1768
<b>5000m</b>	1,000	,9775	,9150	,8725	,8300	,7848	,7353	,6797	,6160	,5420	,4553	,3495	,2219	,1768

<b>10000m</b>		1,0000	,9589	,9160	,8740	,8320	,7874	,7382	,6822	,6169	,5394	,4464	,3670	,2470	,1768
<b>High Jump</b>		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>		<i>1,0820</i>	<i>1,1451</i>	<i>1,2159</i>	<i>1,2961</i>	<i>1,3877</i>	<i>1,4932</i>	<i>1,6160</i>	<i>1,7854</i>	<i>2,0333</i>	<i>2,4342</i>	<i>3,2020</i>	<i>4,8402</i>	<i>5,4547</i>	<i>6,0588</i>
<b>Long Jump</b>		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
<b>Triple Jump</b>		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
<b>Hammer</b>	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	5,2219
<b>Shot Put</b>	4,000kg	1,0368	1,1100	1,1943	1,2925	1,4082	1,5468	-	-	-	-	-	-	-	
	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
<b>Discus</b>	1,000kg	1,0368	1,1150	1,2058	1,3128	1,4407	1,5961	1,7927	2,0542	2,4254	3,0021	3,8895			
<i>*2)</i>	0,750kg	-	-	-	-	-	-	-	-	2,1546	2,5220	3,0404	3,8270	5,1626	7,9302
<b>Javelin</b>	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
<b>Weight</b>	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 30<sup>th</sup> 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	
Group	100 Metros	Longitud	7.26K	6K	5K	4K	3K	
	100 Meters	Longueur	(16#)					
	100 Mètres	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+

  

Age	High Jump	400 Meters	Age
Group	Altura	400 Metros	Group
	Hauteur	400 Meters	
	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-----Vallas-----Haies-----Hurden---					Discus-Disco-Disque-Diskus		
	110/9.14	100/8.5	100/8.0m	80/7m	80/7m	2.0K	1.5K	1.0K
	m	m						
	13.72m	13m	16m	12m	12m			
	.991 / 39"	.914 / 36"	.840 / 33"	.762 / 30"	.686 / 27"			
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		Javelin-----Javalina-----Javelot-----Speer					1500 Meters
	Garrocha							1500 Metros
	Saut a la Perche		800g	700g	600g	500g	400g	1500 Meters
	Stabhochsprung							1500 Mètres
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				
(length/ space)	Hurdles-----	Vallas-----	Haies-----	Hurden	High Jump	Shot Put- Bala-Poids-Kugel			200 Meter
(first)	100/ 8.50	80/8m	80 / 7m	80 / 7m	Altura				
(height)	.840/33	.762/30"	.762/30	.686/27	Hauteur				
					Hochsprung	4k	3k	2k	
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 FÜNFKAMPF														
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 poignee courte-Gewicht					AGE	
	GRP.	800G	700G	600G	500G	400G	15.88	11.34	9.08K	7.26K		5.45K
M35-39	1.0126						35#	25#	20#	16#	12#	M35-39
M40-44	1.0862						1.0203					M40-44
M45-49	1.1716						1.0898					M45-49
M50-54		1.2278					1.1697					M50-54
M55-59		1.3380							1.0488			M55-59
M60-64				1.4140					1.1225			M60-64
M65-69				1.5620					1.0424			M65-69
M70-74					1.6801				1.1153			M70-74
M75-79					1.8932				1.1408			M75-79
M80-84						2.0952			1.2286			M80-84
M85-89						2.4378				1.3043		M85-89
M90-94						2.9137				1.4452		M90-94
M95-99						3.6206				1.6714		M95-99
M100+						8.7034				2.1057		M100+
										3.2456		

APPENDIX E Continued:

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

AGE	Hammer-Martillo--Marteau-Hammer			Shot Put-Bala-Poids-Kugel			Discus-Disco-Disque-Diskus		
	GRP.	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-PENTATLON- PENTATHLON - FUNFKAMPF											
2010 WMA Age Factors											
AGE	Long Jump	Javelin-Javalina-Javelot-Speer					200 Meters	Discus-Disco-Disque-Diskus			1500 Meters
	Longitud	800g	700g	600g	500g	400g	200 Metros	2k	1.5k	1k	1500 Metros
GRP.	Longueur						200 Meters				1500 Meters
	Weitsprung						200 Mètres				1500 Mètres
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	1.1637			.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)	Hurdles---Vallas----Haies----Hurden				High Jump	Shot Put-Bala-Poids- Kugel			Long Jump	800 Meters			
	100/ 8.50	80 / 8m	80 / 7m	80 / 7m	Altura				Longitud	800 Metros			
(first)	13m	12m	12m	12m	Hauteur				Longueur	800 Meters			
(height)	.840/ 33	.762/30	.762/ 30	.686/ 27"	Hochsprung	4k	3k	2k	Weitsprung	800 Metres			
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-PENTATLON- PENTATHLON - FUNFKAMPF							
2010 MA Age Factors							
(length/ space)	--Hurdles-----Vallas-----Haies-----Hurden---					Long Jump	
	60/9.14m	60/8.5m	60/8.0m	60/7m	60/7m	Longitud	AGE
(first)	13.72m	13m	16m	12m	12m	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			
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+

<b>APPENDIX G Continued :</b>
<b>FEMALE-MUJERES-FEMMES-FRAUEN INDOOR PENTATHLON-PENTATLON- PENTATHLON – FUNFKAMPF</b>
<b>2010 WMA Age Factors</b>

(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 800 Metros 800 Metres	
	60 / 8.50 13m	60 / 8m 12m	60 / 7m 12m	60 / 7m 12m		4k	3k	2k		800 Metros	800 Metres
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			1.832	1.8695	.6053	W75-79
W80-84				.6209	1.8681			2.074	2.1645	.5220	W80-84
W85-89				.5549	2.0673			2.389	2.9154	.4228	W85-89
W90-94				.4697	2.3261			2.817	3.2696	.3052	W90-94
W95-99				.3572	2.6766			3.432	4.4235	.2554	W95-99
W100+				.2417	3.2000			4.391	7.5200	.2007	W100+

APPENDIX H / ANEXO H / ANNEXE H / ANHANG H									
MEN-HOMBRES-MASCULIN-MANNER									
INDOOR HEPTATHLON-HEPTATLON-									
HEPTATHLON - SIEBENFKAMPF									
2010 WMA Age Factors									
DAY 1									
AGE	60 Meter	Long Jump	--Shot Put----Bala----Poids----Kugel--					High Jump	AGE
GROUP	60 Metros	Longitud					Altura	GROUP	
	60 Metres	Longueur	7.26k	6k	5k	4k	3k	Hochsprung	
	60 Meters	Weitsprung							
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)	.991 / 39"	.914 / 36"	.840 / 33"	.762 / 30"	.686 / 27"		Saut a la Perche	1000 Metres	
							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-HEPTATLON-HEPTATHLON - SIEBENFKAMPF**

**2010 WMA Age Factors**

**DAY 1**

	60 Meter	--Shot Put----Bala----Poids----Kugel--			Long Jump	Pole Vault	
AGE	60 Metros				Longitud	Garrocha	AGE
GROUP	60 Metros				Longueur	Saut a la Perche	GROUP
	60 Meters	4K	3K	2K	Weitsprung	Stabhochsprung	
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	1.8695	2.0333	W75-79
W80-84	.6410			2.0742	2.1645	2.4342	W80-84
W85-89	.5750			2.3894	2.9154	3.2020	W85-89
W90-94	.4898			2.8176	3.2696	4.8402	W90-94
W95-99	.3776			3.4328	4.4235	5.4547	W95-99
W100+	.2417			4.3917	7.5200	6.0588	W100+

**DAY 2**

	--Hurdles----Vallas----Haies----Hurden---			High Jump	800 Meters	
(length/ space)	60/8.50m	60/8.0m	60/7.0m	Altura	800 Metros	
(first)	13m	12m	12m	Hauteur	800 Metres	AGE
(height)	.840 / 33"	.762 / 30"	.762 / 30"	Hochsprung	800 Meters	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				1.3779	.7848	W60-64
W65-69			.7923	1.4708	.7342	W65-69
W70-74			.7560	1.5795	.6752	W70-74
W75-79			.7184	1.7094	.6053	W75-79
W80-84			.6739	1.8681	.5220	W80-84
W85-89			.6209	2.0673	.4228	W85-89
W90-94			.5549	2.3261	.3052	W90-94
W95-99			.4697	2.6766	.2554	W95-99
W100+			.3572	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 GROUP	100 Meters	Discus-Disque- Diskus-Disco		Pole Vault Garrocha Saut a la Perche Stabhochsprung	Javelin-Javalina-Javelot- Speer			400 Meters
	100 Metros	1.0k	.75k		600g	500g	400g	400 Metros
	100 Mètres				400 Meters			
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) (first) (height)	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
	100/ 8.50	80 / 8m	80 / 7m	80 / 7m					
	13m	12m	12m	12m					
W35-39	.840 / 33	.62/30	.762 / 30	.686 / 27"	1.0387	1.0560	1.0408	.9822	
W40-44					1.1023	1.1722	1.1008	.9459	
W45-49					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	
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, 2<sup>nd</sup>: 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 Competitors	Preliminary		Quarterfinal		Semifinal		Final
	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 P 3 T	1
37			5	2 P 8 T	2	3 P 3 T	1
46			6	2 P 6 T	2	3 P 3 T	1
55			7	2 P 13 T	3	2 P 3 T	1
64			8	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 10 T	2	3 P 3 T	1
91	11	2 P 14 T	4	2 P 10 T	2	3 P 3 T	1
100	12	2 P 12 T	4	2 P 10 T	2	3 P 3 T	1
109	13	2 P 19 T	5	2 P 8 T	2	3 P 3 T	1
118	14	2 P 17 T	5	2 P 8 T	2	3 P 3 T	1
127	15	2 P 15 T	5	2 P 8 T	2	3 P 3 T	1
136	16	2 P 22 T	6	2 P 6 T	2	3 P 3 T	1
145	17	2 P 20 T	6	2 P 6 T	2	3 P 3 T	1
154	18	2 P 18 T	6	2 P 6 T	2	3 P 3 T	1
163	19	2 P 25 T	7	2 P 13 T	3	2 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: 1<sup>st</sup>: lane 4, 2<sup>nd</sup>: lane 5, 3<sup>rd</sup>: lane 3, 4<sup>th</sup>: lane 6, 5<sup>th</sup>: lane 2, 6<sup>th</sup>: lane 7, 7<sup>th</sup>: lane 1, 8<sup>th</sup>: lane 8, 9<sup>th</sup>: 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				
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	P	8	T 1
61	6	3	P	6	T	2	2	P	8	T 1
73	7	3	P	15	T	3	3	P	3	T 1
85	8	3	P	12	T	3	3	P	3	T 1
97	9	3	P	9	T	3	3	P	3	T 1
109	10	3	P	18	T	4	2	P	4	T 1
121	11	3	P	15	T	4	2	P	4	T 1
133	12	3	P	12	T	4	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
Competit	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, 2<sup>nd</sup>: 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								1
7							2	1 P 4 T 1
13							3	1 P 3 T 1
19				4	2 P 4 T	2	2 P 2 T	1
25				5	2 P 8 T	3	1 P 3 T	1
31				6	2 P 6 T	3	1 P 3 T	1
37	7	2 P 10 T		4	2 P 4 T	2	2 P 2 T	1
43	8	2 P 8 T		4	2 P 4 T	2	2 P 2 T	1
49	9	2 P 6 T		4	2 P 4 T	2	2 P 2 T	1
55	10	2 P 10 T		5	2 P 8 T	3	1 P 3 T	1
61	11	2 P 8 T		5	2 P 8 T	3	1 P 3 T	1
67	12	2 P 6 T		5	2 P 8 T	3	1 P 3 T	1
73	13	2 P 10 T		6	2 P 6 T	3	1 P 3 T	1
79	14	2 P 8 T		6	2 P 6 T	3	1 P 3 T	1
85	15	2 P 12 T		7	2 P 4 T	3	1 P 3 T	1
91	16	2 P 10 T		7	2 P 4 T	3	1 P 3 T	1

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, 2<sup>nd</sup> 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											1
10						2	2	P	5	T	1
19						3	2	P	3	T	1
28	4	2	P	10	T	2	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	8	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.

Number Competitors	6 Lane Tracks (1500 Meter)					Finals
	Heats	Semifinals				
		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, 1<sup>st</sup> rounds will be randomly drawn. Lane assignment in rounds after the 1<sup>st</sup> 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 :

1<sup>st</sup> lane 3. 2<sup>nd</sup> lane 2. 3<sup>rd</sup> lane 4. 4<sup>th</sup> lane 1.

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											1
9						2	2	P	4	T	1
17						3	2	P	2	T	1
25	4	2	P	8	T	2	2	P	4	T	1
33	5	2	P	6	T	2	2	P	4	T	1
41	6	2	P	4	T	2	2	P	4	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	1	P	4	T	1
81	11	2	P	10	T	4	1	P	4	T	1
89	12	2	P	8	T	4	1	P	4	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 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	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 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 1<sup>st</sup> January 2014**