

APPENDIX A / ANNEXE A / ANHANG A / ANEXO A

WMA Spécifications pour les Haies et les Engins

WMA Hürden und Geräte

WMA Valles e Implementos

Hurdles / Haies / Hürden / Vallas

	Age Group	Race Distance	Hurdle Height	Number of Hurdles	Distance to first	Distance between	Distance to finish
Women							
Indoor	W 35-39	60 m	0.840 m (33")	5	13 m	8.5 m	13 m
	W 40-49	60 m	0.762 m (33")	5	12 m	8.0 m	16 m
	W 50-59	60 m	0.762 m (33")	5	12 m	7.0 m	20 m
	W 60+	60 m	0.686 m (27")	5	12 m	7.0 m	20 m
Short	W 35-39	100 m	0.840 m (33")	10	13 m	8.5 m	10.5 m
	W 40-49	80 m	0.762 m (30")	8	12 m	8.0 m	12.0 m
	W 50-59	80 m	0.762 m (30")	8	12 m	7.0 m	19.0 m
	W 60+	80 m	0.686 m (27")	8	12 m	7.0 m	19.0 m
Long	W 35-49	400 m	0.762 m (30")	10	45 m	35 m	40 m
	W 50-59	300 m	0.762 m (30")	7	50 m	35 m	40 m
	W 60-69	300 m	0.686 m (27")	7	50 m	35 m	40 m
	W 70+	200 m	0.686 m (27")	5	20 m	35 m	40 m
Steeple-Chase	W 35+59	2000 m	0.762 m (30")		18 barriers & 5 water jumps		
Men							
Indoor	M 35-49	60 m	0.991 m (39")	5	13.72 m	9.14 m	9.72 m
	M 50-59	60 m	0.914 m (36")	5	13.00 m	8.50 m	13.00 m
	M 60-69	60 m	0.840 m (33")	5	12.00 m	8.00 m	16.00 m
	M 70-79	60 m	0.762 m (30")	5	12.00 m	7.00 m	20.00 m
	M 80+	60 m	0.686 m (27")	5	12.00 m	7.00 m	20.00 m
Short	M 35-49	110 m	0.991 m (39")	10	13.72 m	9.14 m	14.02 m
	M 50-59	100 m	0.914 m (36")	10	13.00 m	8.50 m	10.50 m
	M 60-69	100 m	0.840 m (33")	10	12.00 m	8.00 m	16.00 m
	M 70-79	80 m	0.762 m (30")	8	12.00 m	7.00 m	19.00 m
	M 80+	80 m	0.686 m (27")	8	12.00 m	7.00 m	19.00 m
Long	M 35-49	400 m	0.914 m (36")	10	45 m	35 m	40 m
	M 50-59	400 m	0.840 m (33")	10	45 m	35 m	40 m
	M 60-69	300 m	0.762 m (30")	7	50 m	35 m	40 m
	M 70-79	300 m	0.686 m (27")	7	50 m	35 m	40 m
	M 80+	200 m	0.686 m (27")	5	20 m	35 m	40 m
Steeple-chase	M 35-59	3'000 m	0.914 m (36")		28 barriers & 7 water jumps		
	M 60+	2'000 m	0.762 m (30")		18 barriers & 5 water jumps		

Implements / Engins / Geräte / Implementos

	Age	Hammer	Shot put	Discus	Javelin	Weight
Women						
	W 35-49	4 kg	4 kg	1.000 kg	600 g	9.080 kg (20.0#)
	W 50-59	3 kg	3 kg	1.000 kg	500 g	7.260 kg (16.0#)
	W 60-74	3 kg	3 kg	1.000 kg	400 g	5.450 kg (12.0#)
	W 75+	2 kg	2 kg	0.750 kg	400 g	4.000 kg (8.9#)
Men						
	M 35-49	7.260 kg (16 #)	7.260 kg (16 #)	2.000 kg	800 g	15.880 kg (35#)
	M 50-59	6.000 kg	6.000 kg	1.500 kg	700 g	11.340 kg (25#)
	M 60-69	5.000 kg	5.000 kg	1.000 kg	600 g	9.080 kg (20#)
	M 70-79	4.000 kg	4.000 kg	1.000 kg	500 g	7.260 kg (16#)
	M 80+	3.000 kg	3.000 kg	1.000 kg	400 g	5.450 kg (12#)

Shot Put / Poids / Kugel / Peso

Weight Minimum for admission to competition and for acceptance of record	Information for Manufacturer:			
	Usual range for supply of implements for competition	Diameters:		
		Min Men	Max Men	Max Women
7.260 kg	7.265 – 7.285 kg	110 mm	130 mm	
6.000 kg	6.005 – 6.025 kg	105 mm	125 mm	
5.000 kg	5.005 – 5.025 kg	100 mm	120 mm	
4.000 kg	4.005 – 4.025 kg	95 mm	120 mm	110 mm
3.000 kg	3.005 – 3.025 kg	85 mm	120 mm	110 mm
2.000 kg	2.005 – 2.025 kg	80 mm	90 mm	

Discus / Disque / Diskus / Disco

Weight Minimum for admission to competition and for acceptance of record	0.750 kg
Range for supply of implement for competition	0.755-0.775 kg
Outside Diameter of metal rim	166-169 mm
Dia. Of metal plate or flat center area	50-57 mm
Thickness of metal plate or flat center area	33-37 mm
Thickness of rim (6 mm from edge)	10-13 mm

Javelin/ Javelot / Speer / Jabalina

Weight Minimum for admission to competition and for acceptance of a record		800 g	700 g	600 g	500 g	400 g
Range for supply of implement for competition		805-825 g	705-725 g	605-625 g	505-525 g	405-425 g
Overall length	Min	2.60 m	2.30 m	2.20 m	2.00 m	1.85 m
	Max	2.70 m	2.40 m	2.30 m	2.10 m	1.95 m
Length of metal head	Min	250 mm	250 mm	250 mm	220 mm	200 mm
	Max	330 mm	330 mm	330 mm	270 mm	250 mm
Distance from tip of metal head to centre	Min	0.90 m	0.86 m	0.80 m	0.78 m	0.75 m
	Max	1.06 m	1.00 m	0.92 m	0.88 m	0.80 m
Diameter of shaft of thickest point	Min	25 mm	23 mm	20 mm	20 mm	20 mm
	Max	30 mm	28 mm	25 mm	24 mm	23 mm

Width of	Min	150 mm	150 mm	140 mm	135 mm	130 mm
Cord grip	Max	160 mm	160 mm	150 mm	145 mm	140 mm

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

Hammer / Marteau / Hammer / Martillo

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	
	Min	Max	Min	Max
7.260 kg	7.265 kg	7.285 kg	110 mm	130 mm
6.000 kg	6.005 kg	6.025 kg	105 mm	125 mm
5.000 kg	5.005 kg	5.025 kg	100 mm	120 mm
4.000 kg	4.005 kg	4.025 kg	95 mm	110 mm
3.000 kg	3.005 kg	3.025 kg	85 mm	100 mm
2.000 kg	2.005 kg	2.025 kg	80 mm	90 mm

Length measured from inside the handle			
Weight		Min	Max
7.260 kg & 6.000 kg		1175 mm	1215 mm
5.000 kg		1165 mm	1200 mm
4.000 kg - 3.000 kg - 2.000 kg		1160 mm	1195 mm

Weight / Grand Poids / Gewicht / Pesa

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	
	Min	Max	Min	Max
15.880 kg	15.885 kg	15.905 kg	145 mm	165 mm
11.340 kg	11.345 kg	11.365 kg	130 mm	150 mm
9.080 kg	9.085 kg	9.105 kg	120 mm	140 mm
7.260 kg	7.625 kg	7.285 kg	110 mm	130 mm
5.450 kg	5.455 kg	5.475 kg	100 mm	120 mm
4.000 kg	4.005 kg	4.025 kg	95 mm	110 mm

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

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 be 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 12.7 mm in diameter. This rod is to be bent in a triangular shape so that no side exceeds 190 mm 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.

Connections: 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	
	Min	Max	Min	Max
15.880 kg	15.885 kg	15.905 kg	145 mm	180 mm
11.340 kg	11.345 kg	11.365 kg	130 mm	165 mm
9.080 kg	9.085 kg	9.105 kg	120 mm	155 mm
7.260 kg	7.265 kg	7.285 kg	110 mm	145 mm
5.450 kg	5.455 kg	5.475 kg	100 mm	135 mm
4.000 kg	4.005 kg	4.025 kg	95 mm	110 mm

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

APPENDIX B / ANNEXE B / ANHANG B / ANEXO 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 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 M 65-69 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, 0.762 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, 0.840 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 centimetre. Remember: Run up, Jump and Throw down.

Example:

M 50-54 man runs a 13.12 second Actual Performance in the 100 Meter event.
13.12 times 0.8917 Age Factor equals an Age Factored Performance of 11.699104.
11.699104 rounded up equals 11.70 to look up in the standard IAAF Combined Events scoring table.
11.70 is awarded 711 points.

Example:

W 35-39 woman jumps a 1.47 meter Actual Performance in the High Jump.
1.47 times the 1.0408 Age Factor equals a 1.529976 Age Factored Performance.
1.529976 rounded down equals 1.52 to look up in the standard IAAF Combined Events scoring table.
1.52 is awarded 644 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 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:

M 40-44 man runs a 17.7 second hand timed 0.991 meter (39") high, 110 meter hurdles.

17.7 plus 0.24 Correction equals 17.94.

17.94 times 0.9562 equals a 17.154228 Age Factored Performance.

17.154228 rounds up to 17.16 to look up in standard IAAF scoring table.

17.16 is awarded 608 points.

Example:

M 70-74 Weight Pent athlete throws the 7.26 kilogram (16 pound) Weight 14.67 meters.

14.67 times the 1.2943 Age Factor equals an 18.987381 Age Factored Performance.

18.987381 is rounded down to 18.98.

18.98 is looked up in men's Weight table as 964 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 point's 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: $\text{Points} = a (b - \text{Performance})^c$

Jumping and Throwing Events: $\text{Points} = a (\text{Performance} - b)^c$

Men			
55 m	a = 78.81960	b = 10.75 s	c = 1.81
60 m	a = 58.01500	b = 11.50 s	c = 1.81
100 m	a = 25.43470	b = 18.00 s	c = 1.81
200 m	a = 5.84250	b = 38.00 s	c = 1.81
300 m	a = 2.58503	b = 60.10 s	c = 1.81
400 m	a = 1.53775	b = 82.00 s	c = 1.81
1000 m	a = 0.87130	b = 305.50 s	c = 1.85
1500 m	a = 0.03768	b = 480.00 s	c = 1.85
55 m Hurdles	a = 54.52780	b = 14.25 s	c = 1.92
60 m Hurdles	a = 20.51730	b = 15.50 s	c = 1.92
110 m Hurdles	a = 5.74352	b = 28.50 s	c = 1.92
High Jump	a = 0.84650	b = 75 cm	c = 1.42
Pole Vault	a = 0.27970	b = 100 cm	c = 1.35
Long Jump	a = 0.14354	b = 220 cm	c = 1.40
Shot Put	a = 51.39000	b = 1.5 m	c = 1.05
Discus	a = 12.91000	b = 4.0 m	c = 1.10
Hammer	a = 13.04490	b = 7.0 m	c = 1.05
Javelin	a = 10.14000	b = 7.0 m	c = 1.08
Weight	a = 47.83380	b = 1.5 m	c = 1.05

Women			
55 m	a = 66.250100	b = 12.0 s	c = 1.810
60 m	a = 46.084900	b = 13.0 s	c = 1.810
100 m	a = 17.857000	b = 21.0 s	c = 1.810
200 m	a = 4.990870	b = 42.5 s	c = 1.810
400 m	a = 1.342850	b = 91.7 s	c = 1.810
800 m	a = 0.111930	b = 254.0 s	c = 1.880

1000 m	a = 0.070680	b = 337.0 s	c = 1.880
1500 m	a = 0.028830	b = 535.0 s	c = 1.880
55 m Hurdles	a = 28.734500	b = 15.5 s	c = 1.835
60 m Hurdles	a = 20.047900	b = 17.0 s	c = 1.835
100 m Hurdles	a = 9.230760	b = 26.7 s	c = 1.835
High Jump	a = 1.845230	b = 75 cm	c = 1.348
Pole Vault	a = 0.441250	b = 100 cm	c = 1.350
Long Jump	a = 0.188807	b = 210 cm	c = 1.410
Shot Put	a = 56.021100	b = 1.5 m	c = 1.050
Discus	a = 12.331100	b = 3.0m	c = 1.100
Hammer	a = 17.545800	b = 6.0 m	c = 1.050
Javelin	a = 15.980300	b = 3.8 m	c = 1.040
Weight	a = 52.140300	b = 1.5 m	c = 1.050

APPENDIX C / ANEXO C / ANNEXE C / ANHANG C

MEN / HOMMES / MÄNNER / HOMBRES

DECATHLON / DÉCATHLON / ZEHNKAMPF / DECATLÓN

Day 1

2006 WMA Age Factors

Age Group	100 Meter 100 Mètres 100 Meter 100 Metros	Long Jump Longueur Weitsprung Longitud	kg	Shot Put Poids Kugel Pala (16#)	High Jump Hauteur Hochsprung Altura	400 Meters 400 Mètres 400 Meter 400 Metros
	Factor	Factor		Factor	Factor	Factor
Men						
M 35-39	0.9893	1.0510	7.26	1.0000	1.0546	0.9702
M 40-44	0.9545	1.1112	7.26	1.0271	1.1059	0.9350
M 45-49	0.9220	1.1787	7.26	1.1131	1.1624	0.9023
M 50-54	0.8917	1.2549	6.00	1.1468	1.2250	0.8718
M 55-59	0.8633	1.3417	6.00	1.2736	1.2947	0.8433
M 60-64	0.8367	1.4414	5.00	1.2703	1.3728	0.8166
M 65-69	0.8117	1.5570	5.00	1.4719	1.4610	0.7916
M 70-74	0.7881	1.6929	4.00	1.3017	1.5613	0.7319
M 75-79	0.7417	1.8546	4.00	1.5043	1.6763	0.6643
M 80-84	0.6894	2.0506	3.00	1.5486	1.8097	0.6082
M 85-89	0.6316	2.3553	3.00	1.8998	1.9660	0.5266
M 90-94	0.5759	3.0442	3.00	2.4544	2.2072	0.4362
M 95-99	0.4925	4.6134	3.00	3.4663	2.6630	0.3185
M 100 +	0.2417	11.9333	3.00	5.8980	3.5000	0.2417

Day 2

2006 WMA Age Factors

Age Group	Hurdles / Haies / Hürden / Vallas			
	Length/space	First	Height	Factor
Men				
M 35-39	110 / 9.14 m	13.72 m	0.991 / 39"	0.9999
M 40-44	110 / 9.14 m	13.72 m	0.991 / 39"	0.9562
M 45-49	110 / 9.14 m	13.72 m	0.991 / 39"	0.9168
M 50-54	100 / 8.50 m	13.00 m	0.914 / 36"	0.9745
M 55-59	100 / 8.50 m	13.00 m	0.914 / 36"	0.9085
M 60-64	100 / 8.00 m	16.00 m	0.840 / 33"	0.9017
M 65-69	100 / 8.00 m	16.00 m	0.840 / 33"	0.8326
M 70-74	80 / 7.00 m	12.00 m	0.762 / 30"	0.9938
M 75-79	80 / 7.00 m	12.00 m	0.762 / 30"	0.9437
M 80-84	80 / 7.00 m	12.00 m	0.686 / 27"	0.8607
M 85-89	80 / 7.00 m	12.00 m	0.686 / 27"	0.7377
M 90-94	80 / 7.00 m	12.00 m	0.686 / 27"	0.6148
M 95-99	80 / 7.00 m	12.00 m	0.686 / 27"	0.4781
M 100 +	80 / 7.00 m	12.00 m	0.686 / 27"	0.3228

Age Group	Discus Disque Diskus Disco	Pole Vault Saut a la Perche Stabhochsprung Garrocha	Javelin Javelot Speer Javalina	1500 Meters 1500 Mètres 1500 Meter 1500 Metros
	kg	Factor	g	Factor

Men						
M 35-39	2.0	1.0000	1.0390	800	1.0434	0.9872
M 40-44	2.0	1.0000	1.1046	800	1.1283	0.9387
M 45-49	2.0	1.0499	1.1791	800	1.2283	0.8947
M 50-54	1.5	1.0000	1.2643	700	1.2790	0.8547
M 55-59	1.5	1.0984	1.3628	700	1.4059	0.8181
M 60-64	1.0	1.1232	1.4780	600	1.4804	0.7845
M 65-69	1.0	1.2514	1.6144	600	1.6496	0.7536
M 70-74	1.0	1.4127	1.7786	500	1.7461	0.7230
M 75-79	1.0	1.6217	1.9800	500	2.0098	0.6686
M 80-84	1.0	1.9033	2.2327	400	2.0612	0.6236
M 85-89	1.0	2.3034	2.5595	400	2.6164	0.5483
M 90-94	1.0	2.9162	3.0700	400	3.5811	0.4416
M 95-99	1.0	3.9735	4.0933	400	5.6724	0.3179
M 100 +	1.0	6.2333	6.1400	400	13.6357	0.2417

APPENDIX D / ANNEXE D / ANHANG D / ANEXO D

FEMALE / FEMMES / FRAUEN / MUJERES

HEPTATHLON / L'HEPTATHLON / SIEBENKAMPF / HEPTATLÓN

Day 1

2006 WMA Age Factors

Age Group	Hurdles / Haies / Hürden / Vallas			
	Length/space	First	Height	Factor
Women				
W 35-39	100 / 8.5 m	13 m	0.840 / 33"	0.9791
W 40-44	80 / 8.0 m	12 m	0.762 / 30"	1.0941
W 45-49	80 / 8.0 m	12 m	0.762 / 30"	1.0383
W 50-54	80 / 7.0 m	12 m	0.762 / 30"	1.0517
W 55-59	80 / 7.0 m	12 m	0.762 / 30"	0.9919
W 60-64	80 / 7.0 m	12 m	0.686 / 27"	0.9502
W 65-69	80 / 7.0 m	12 m	0.686 / 27"	0.8568
W 70-74	80 / 7.0 m	12 m	0.686 / 27"	0.7400
W 75-79	80 / 7.0 m	12 m	0.686 / 27"	0.6512
W 80-84	80 / 7.0 m	12 m	0.686 / 27"	0.5309
W 85-89	80 / 7.0 m	12 m	0.686 / 27"	0.4522
W 90-94	80 / 7.0 m	12 m	0.686 / 27"	0.3700
W 95-99	80 / 7.0 m	12 m	0.686 / 27"	0.2978
W 100 +	80 / 7.0 m	12 m	0.686 / 27"	0.2417

Age Group	High Jump Hauteur Hochsprung Altura	kg	Shot Put Poids Kugel Bala	200 Meters 200 Mètres 200 Meter 200Metros
	Factor		Factor	Factor
Women				
W 35-39	1.0408	4	1.0560	1.0000
W 40-44	1.1008	4	1.1722	0.9434
W 45-49	1.1681	4	1.3173	0.8877
W 50-54	1.2442	3	1.3876	0.8382
W 55-59	1.3310	3	1.5191	0.7939
W 60-64	1.4307	3	1.6782	0.7540
W 65-69	1.5466	3	1.8744	0.7180
W 70-74	1.6829	3	2.1227	0.6852
W 75-79	1.8456	3	2.4468	0.6553
W 80-84	2.0431	3	2.8876	0.5928
W 85-89	2.2879	3	3.5222	0.5081
W 90-94	2.6795	3	4.5143	0.4104
W 95-99	3.2656	3	6.2845	0.3138
W 100+	4.1800	3	10.3380	0.2417

Day 2

2006 WMA Age Factors

Age Group	Long Jump Longueur Weitsprung Longitud		Javelin Javelot Speer Javalina	800 Meters 800 Mètres 800 Meter 800 Metros
	Factor	g	Factor	Factor
Women				
W 35-39	1.0387	600	1.0000	1.0000
W 40-44	1.1023	600	1.0946	0.9722
W 45-49	1.1742	600	1.2435	0.9303
W 50-54	1.2561	500	1.3645	0.8918
W 55-59	1.3502	500	1.5450	0.8356
W 60-64	1.4596	400	1.7460	0.7769
W 65-69	1.5883	400	1.9559	0.7028
W 70-74	1.7420	400	2.2231	0.6355
W 75-79	1.9285	400	2.5749	0.5603
W 80-84	2.2118	400	3.0590	0.4936
W 85-89	2.5931	400	3.7672	0.4296
W 90-94	3.2696	400	4.9021	0.3677
W 95-99	4.4235	400	7.0157	0.3037
W 100+	7.5200	400	12.3333	0.2417

APPENDIX E / ANNEXE E / ANHANG E / ANEXO E

MEN / HOMMES / MÄNNER / HOMBRES

THROWS PENTATHLON / PENTATHLON DES LANCERS GEWICHTS-ZEHNKAMPF / PENTATLON DE LANZAMIENTOS

Age Group	Hammer Marteau Hammer Martillo		Discus Disque Diskus Disco		Shot Put Poids Kugel Bala	
	kg	Factor	kg	Factor	kg	Factor
Men						
M 35-39	7.260	1.0000	2.000	1.0000	7.260	1.0000
M 40-44	7.260	1.0798	2.000	1.0000	7.260	1.0271
M 45-49	7.260	1.1846	2.000	1.0499	7.260	1.1131
M 50-54	6.000	1.1656	1.500	1.0000	6.000	1.1468
M 55-59	6.000	1.2992	1.500	1.0984	6.000	1.2736
M 60-64	5.000	1.4058	1.000	1.1232	5.000	1.2703
M 65-69	5.000	1.5853	1.000	1.2514	5.000	1.4719
M 70-74	4.000	1.6112	1.000	1.4127	4.000	1.3017
M 75-79	4.000	1.8749	1.000	1.6217	4.000	1.5043
M 80-84	3.000	1.9497	1.000	1.9033	3.000	1.5468
M 85-89	3.000	2.4236	1.000	2.3034	3.000	1.8998
M 90-94	3.000	3.2031	1.000	2.9162	3.000	2.4544
M 95-99	3.000	4.7193	1.000	3.9735	3.000	3.4663
M 100+	3.000	8.9700	1.000	6.2333	3.000	5.8980

Age Group	Weight Marteau a Poignée courte Gewicht Pesa		Javelin Javelot Speer Javalina	
	kg	Factor	g	Factor
Men				
M 35-39	15.880	1.0252	800 g	1.0434
M 40-44	15.880	1.0943	800 g	1.1283
M 45-49	15.880	1.1734	800 g	1.2283
M 50-54	11.340	1.1123	700 g	1.2790
M 55-59	11.340	1.2105	700 g	1.4059
M 60-64	9.080	1.1392	600 g	1.4804
M 65-69	9.080	1.2615	600 g	1.6496
M 70-74	7.260	1.2943	500 g	1.7461
M 75-79	7.260	1.4735	500 g	2.0098
M 80-84	5.450	1.5730	400 g	2.0612
M 85-89	5.450	1.8648	400 g	2.6164
M 90-94	5.450	2.2895	400 g	3.5811
M 95-99	5.450	2.9647	400 g	5.6724
M 100+	5.450	4.2049	400 g	13.6357

FEMALE / FEMMES / FRAUEN / MUJERES

THROWS PENATHLON / PENTATHLON DES LANCERS
 GEWICHTS-ZEHNKAMPF / PENTALON DE LANZAMIENTOS

Age Group	Hammer Marteau Hammer Martillo		Shot Put Poids Kugel Bala		Discus Disque Diskus Disco	
	kg	Factor	kg	Factor	kg	Factor
Women						
W 35-39	4	1.1387	4	1.0560	1.000	1.0288
W 40-44	4	1.3007	4	1.1722	1.000	1.1071
W 45-49	4	1.5166	4	1.3173	1.000	1.1983
W 50-54	3	1.2506	3	1.3876	1.000	1.3059
W 55-59	3	1.3745	3	1.5191	1.000	1.4348
W 60-64	3	1.5256	3	1.6782	1.000	1.5918
W 65-69	3	1.7141	3	1.8744	1.000	1.7874
W 70-74	3	1.9557	3	2.1227	1.000	2.0379
W 75-79	3	2.2766	3	2.4468	1.000	2.3700
W 80-84	3	2.7235	3	2.8876	0.750	2.4063
W 85-89	3	3.3886	3	3.5222	0.750	2.9886
W 90-94	3	4.4837	3	4.5143	0.750	3.9416
W 95-99	3	6.6247	3	6.2845	0.750	5.7868
W 100+	3	12.6783	3	10.3385	0.750	10.8800

Age Group	Javelin Javelot Speer Javalina		Marteau a poignée courte Gewicht Pesa	
	g	Factor	kg	Factor
Women				
W 35-39	600	1.0000	9.080	1.2752
W 40-44	600	1.0946	9.080	1.4014
W 45-49	600	1.2435	9.080	1.5554
W 50-54	500	1.3645	7.260	1.2414
W 55-59	500	1.5450	7.260	1.3601
W 60-64	400	1.7460	5.450	1.2741
W 65-69	400	1.9559	5.450	1.4307
W 70-74	400	2.2231	5.450	1.6312
W 75-79	400	2.5749	5.450	1.8972
W 80-84	400	3.0590	5.450	2.2667
W 85-89	400	3.7672	5.450	2.8149
W 90-94	400	4.9021	5.450	3.7131
W 95-99	400	7.0157	5.450	5.4529
W 100+	400	12.3333	5.450	10.2609

APPENDIX F / ANNEXE F / ANHANG F / ANEXO F

MEN / HOMMES / MÄNNER / HOMBRES

OUTDOOR PENTATHLON / PENTATHLON / FÜNFKAMPF / PENTATLON

Age Group	Long Jump Longueur Weitsprung Longitud	G	Javelin Javelot Speer Javalina	200 Meters 200 Metres 200 Meter 200 Metros	1500 Meters 1500 Metres 1500 Meter 1500 Metros	kg	Discus Disque Diskus Disco
	Factor		Factor	Factor	Factor		Factor
Men							
M 35-39	1.0510	800	1.0434	0.9641	0.9872	2	1.0000
M 40-44	1.1112	800	1.1283	0.9274	0.9387	2	1.0000
M 45-49	1.1787	800	1.2283	0.8935	0.8947	2	1.0499
M 50-54	1.2549	700	1.2790	0.8619	0.8547	1.5	1.0000
M 55-59	1.3417	700	1.4059	0.8325	0.8181	1.5	1.0984
M 60-64	1.4414	600	1.4804	0.8050	0.7845	1	1.1232
M 65-69	1.5570	600	1.6496	0.7793	0.7536	1	1.2514
M 70-74	1.6929	500	1.7461	0.7488	0.7230	1	1.4127
M 75-79	1.8546	500	2.0098	0.6925	0.6686	1	1.6217
M 80-84	2.0506	400	2.0612	0.6355	0.6236	1	1.9033
M 85-89	2.3553	400	2.6164	0.5682	0.5483	1	2.3034
M 90-94	3.0442	400	3.5811	0.4712	0.4416	1	2.9162
M 95-99	4.6134	400	5.6724	0.3788	0.3179	1	3.9735
M 100+	11.9333	400	13.6357	0.2417	0.2417	1	6.2333

FEMALE / FEMMES / FRAUEN / MUJERES

OUTDOOR PENTATHLON / PENTATHLON / FÜNFKAMPF / PENTATLON

Age Group	800 Meters 800 Metres 800 Meter 800 Metros	Long Jump Longueur Weitsprung Longitud	High Jump Hauteur Hochsprung Altura	Shot Put Poids Kugel Bala
	Factor	Factor	Factor	kg
Women				
W 35-39	1.0000	1.0387	1.0408	4
W 40-44	0.9722	1.1023	1.1008	4
W 45-49	0.9303	1.1742	1.1681	4
W 50-54	0.8918	1.2561	1.2442	3
W 55-59	0.8356	1.3502	1.3310	3
W 60-64	0.7769	1.4596	1.4307	3
W 65-69	0.7028	1.5883	1.5466	3
W 70-74	0.6355	1.7420	1.6829	3
W 75-79	0.5603	1.9285	1.8456	3
W 80-84	0.4936	2.2118	2.0431	3
W 85-89	0.4296	2.5931	2.2879	3
W 90-94	0.3677	3.2696	2.6795	3
W 95-99	0.3037	4.4235	3.2656	3
W 100+	0.2417	7.5200	4.1800	3
Age Group	Hurdles / Haies / Hürden / Vallas			
	Length/space	First	Height	Factor
Women				

W 35-39	100 / 8.5 m	13 m	0.840 / 33"	0.9791
W 40-44	80 / 8.0 m	12 m	0.762 / 30"	1.0941
W 45-49	80 / 8.0 m	12 m	0.762 / 30"	1.0383
W 50-54	80 / 7.0 m	12 m	0.762 / 30"	1.0517
W 55-59	80 / 7.0 m	12 m	0.762 / 30"	0.9919
W 60-64	80 / 7.0 m	12 m	0.686 / 27"	0.9502
W 65-69	80 / 7.0 m	12 m	0.686 / 27"	0.8568
W 70-74	80 / 7.0 m	12 m	0.686 / 27"	0.7400
W 75-79	80 / 7.0 m	12 m	0.686 / 27"	0.6512
W 80-84	80 / 7.0 m	12 m	0.686 / 27"	0.5309
W 85-89	80 / 7.0 m	12 m	0.686 / 27"	0.4522
W 90-94	80 / 7.0 m	12 m	0.686 / 27"	0.3700
W 95-99	80 / 7.0 m	12 m	0.686 / 27"	0.2978
W 100+	80 / 7.0 m	12 m	0.686 / 27"	0.2417

APPENDIX G / ANNEXE G / ANHANG G / ANEXO G

MEN / HOMMES / MÄNNER / HOMBRES

INDOOR PENTATHLON / PENTATHLON / FÜNFKAMPF / PENTATLON

Age Group	1000 Meters 1000 Mètres 1000 Meter 1000 Metros	Long Jump Longueur Weitsprung Longitud	kg	Shot Put Poids Kugel Bala
	Factor	Factor		Factor
Men				
M 35-39	0.9925	1.0510	7.260	1.0000
M 40-44	0.9450	1.1112	7.260	1.0271
M 45-49	0.9019	1.1787	7.260	1.1131
M 50-54	0.8625	1.2549	6.000	1.1468
M 55-59	0.8264	1.3417	6.000	1.2736
M 60-64	0.7932	1.4414	5.000	1.2703
M 65-69	0.7626	1.5570	5.000	1.4719
M 70-74	0.7268	1.6929	4.000	1.3017
M 75-79	0.6723	1.8546	4.000	1.5043
M 80-84	0.6218	2.0506	3.000	1.5486
M 85-89	0.5426	2.3553	3.000	1.8998
M 90-94	0.4344	3.0442	3.000	2.4544
M 95-99	0.3182	4.6134	3.000	3.4663
M 100+	0.2417	11.9333	3.000	5.8980

Age Group	High Jump Hauteur Hochsprung Altura	Hurdles / Haies / Hürden / Vallas			
		Factor	Length	First	Height
Men					
M 35-39	1.0546	60 / 9.14 m	13.72 m	0.991 / 39"	0.9707
M 40-44	1.1059	60 / 9.14 m	13.72 m	0.991 / 39"	0.9311
M 45-49	1.1624	60 / 9.14 m	13.72 m	0.991 / 39"	0.8935
M 50-54	1.2250	60 / 8.50 m	13.00 m	0.914 / 36"	0.8600
M 55-59	1.2947	60 / 8.50 m	13.00 m	0.914 / 36"	0.8459
M 60-64	1.3728	60 / 8.00 m	16.00 m	0.840 / 33"	0.8430
M 65-69	1.4610	60 / 8.00 m	16.00 m	0.840 / 33"	0.7604
M 70-74	1.5613	60 / 7.00 m	12.00 m	0.762 / 30"	0.7381
M 75-79	1.6763	60 / 7.00 m	12.00 m	0.762 / 30"	0.7256
M 80-84	1.8097	60 / 7.00 m	12.00 m	0.686 / 27"	0.6266
M 85-89	1.9660	60 / 7.00 m	12.00 m	0.686 / 27"	0.5137
M 90-94	2.2072	60 / 7.00 m	12.00 m	0.686 / 27"	0.4056
M 95-99	2.6630	60 / 7.00 m	12.00 m	0.686 / 27"	0.3174
M 100+	3.5000	60 / 7.00 m	12.00 m	0.686 / 27"	0.2417

FEMALE / FEMMES / FRAUEN / MUJERES

INDOOR PENTATHLON / PENTATHLON / FÜNFKAMPF / PENTATLON

Age Group	High Jump Hauteur Hochsprung Altura	Hurdles / Haies / Hürden / Vallas			Long Jump Longueur Weitsprung Longitud	
	Factor	Length/space	First	Height	Factor	
Women						
W 35-39	1.0408	60 / 8.50 m	13 m	0.840 / 33"	1.0000	1.0387
W 40-44	1.1008	60 / 8.00 m	12 m	0.762 / 30"	0.9155	1.1023
W 45-49	1.1681	60 / 8.00 m	12 m	0.762 / 30"	0.8650	1.1742
W 50-54	1.2442	60 / 7.00 m	12 m	0.762 / 30"	0.8368	1.2561
W 55-59	1.3310	60 / 7.00 m	12 m	0.762 / 30"	0.7903	1.3502
W 60-64	1.4307	60 / 7.00 m	12 m	0.686 / 27"	0.7667	1.4596
W 65-69	1.5466	60 / 7.00 m	12 m	0.686 / 27"	0.7187	1.5883
W 70-74	1.6829	60 / 7.00 m	12 m	0.686 / 27"	0.6763	1.7420
W 75-79	1.8456	60 / 7.00 m	12 m	0.686 / 27"	0.6252	1.9285
W 80-84	2.0431	60 / 7.00 m	12 m	0.686 / 27"	0.5654	2.2118
W 85-89	2.2879	60 / 7.00 m	12 m	0.686 / 27"	0.4867	2.5931
W 90-94	2.6795	60 / 7.00 m	12 m	0.686 / 27"	0.4047	3.2696
W 95-99	3.2656	60 / 7.00 m	12 m	0.686 / 27"	0.3204	4.4235
W 100+	4.1800	60 / 7.00 m	12 m	0.686 / 27"	0.2417	7.5200

Age Group	800 Meters 800 Mètres 800 Meter 800 Metros	Shot Put Poids Kugel Bala	
	Factor	kg	Factor
Women			
W 35-39	1.0000	4	1.0560
W 40-44	0.9722	4	1.1722
W 45-49	0.9303	4	1.3173
W 50-54	0.8918	3	1.3876
W 55-59	0.8356	3	1.5191
W 60-64	0.7769	3	1.6782
W 65-69	0.7028	3	1.8744
W 70-74	0.6355	3	2.1227
W 75-79	0.5603	3	2.4468
W 80-84	0.4936	3	2.8876
W 85-89	0.4296	3	3.5222
W 90-94	0.3677	3	4.5143
W 95-99	0.3037	3	6.2845
W 100+	0.2417	3	10.3385

APPENDIX H / ANNEXE H / ANHANG H / ANEXO H

MEN / HOMMES / MÄNNER / HOMBRES

INDOOR HEPTATHLON / HEPTATHLON / SIEBENKAMPF / HEPTATLON

Day 1

2006 WMA Age Factors

Age Group	60 Meters 60 Mètres 60 Meter 60 Metros	Long Jump Longueur Weitsprung Longitud	kg	Shot Put Poids Kugel Bala	High Jump Hauteur Hochsprung Altura
	Factor	Factor		Factor	Factor
Men					
M 35-39	0.9893	1.0510	7.260	1.0000	1.0546
M 40-44	0.9517	1.1112	7.260	1.0271	1.1059
M 45-49	0.9169	1.1787	7.260	1.1131	1.1624
M 50-54	0.8846	1.2549	6.000	1.1468	1.2250
M 55-59	0.8544	1.3417	6.000	1.2736	1.2947
M 60-64	0.8262	1.4414	5.000	1.2703	1.3728
M 65-69	0.7998	1.5570	5.000	1.4719	1.4610
M 70-74	0.7751	1.6929	4.000	1.3017	1.5613
M 75-79	0.7474	1.8546	4.000	1.5043	1.6763
M 80-84	0.7100	2.0506	3.000	1.5486	1.8097
M 85-89	0.6656	2.3553	3.000	1.8998	1.9660
M 90-94	0.5705	3.0442	3.000	2.4544	2.2072
M 95-99	0.4204	4.6134	3.000	3.4663	2.6630
M 100+	0.2417	11.9333	3.000	5.8980	3.5000

Day 2

2006 WMA Age Factors

Age Group	1000 Meters 1000 Mètres 1000 Meter 1000 Metros	Hurdles / Haies / Hürden / Vallas			Pole Vault Saut a la Perche Stabhochsprung Garrocha	
		Factor	Length	First		Height
Men						
M 35-39	0.9925	60 / 9.14 m	13.72 m	0.991 / 39"	0.9707	1.0390
M 40-44	0.9450	60 / 9.14 m	13.72 m	0.991 / 39"	0.9311	1.1046
M 45-49	0.9019	60 / 9.14 m	13.72 m	0.991 / 39"	0.8935	1.1791
M 50-54	0.8625	60 / 8.50 m	13.00 m	0.914 / 36"	0.8600	1.2643
M 55-59	0.8264	60 / 8.50 m	13.00 m	0.914 / 36"	0.8459	1.3628
M 60-64	0.7932	60 / 8.00 m	16.00 m	0.840 / 33"	0.8430	1.4780
M 65-69	0.7626	60 / 8.00 m	16.00 m	0.840 / 33"	0.7604	1.6144
M 70-74	0.7268	60 / 7.00 m	12.00 m	0.762 / 30"	0.7381	1.7786
M 75-79	0.6723	60 / 7.00 m	12.00 m	0.762 / 30"	0.7256	1.9800
M 80-84	0.6218	60 / 7.00 m	12.00 m	0.686 / 27"	0.6266	2.2327
M 85-89	0.5426	60 / 7.00 m	12.00 m	0.686 / 27"	0.5137	2.5595
M 90-94	0.4344	60 / 7.00 m	12.00 m	0.686 / 27"	0.4056	3.0700
M 95-99	0.3182	60 / 7.00 m	12.00 m	0.686 / 27"	0.3174	4.0933
M 100+	0.2417	60 / 7.00 m	12.00 m	0.686 / 27"	0.2417	6.1400

APPENDIX I / ANNEXE I / ANHANG I / ANEXO I

FEMALE / FEMMES / FRAUEN / MUJERES

INDOOR HEPTATHLON / HEPTATHLON / SIEBENKAMPF / HEPTATLON

Day 1

2006 WMA Age Factors

Age Group	60 Meters 60 Mètres 60 Meter 60 Metros	Long Jump Longueur Weitsprung Longitud	Shot Put / Poids / Kugel / Bala		Pole Vault Saut la Perche Stabhochsprung Garrocha
	Factor	Factor	kg	Factor	Factor
Women					
W 35-39	1.0000	1.0387	3	1.0560	1.0981
W 40-44	0.9643	1.1023	3	1.1722	1.1866
W 45-49	0.9117	1.1742	3	1.3173	1.2907
W 50-54	0.8645	1.2561	4	1.3876	1.4148
W 55-59	0.8219	1.3502	4	1.5191	1.5606
W 60-64	0.7833	1.4596	4	1.6782	1.7458
W 65-69	0.7482	1.5883	4	1.8744	1.9808
W 70-74	0.7161	1.7420	4	2.1227	2.2889
W 75-79	0.6718	1.9285	4	2.4468	2.7105
W 80-84	0.6291	2.2118	4	2.8876	3.3226
W 85-89	0.5864	2.5931	4	3.5222	4.2917
W 90-94	0.5088	3.2696	4	4.5143	6.0588
W 95-99	0.4071	4.4235	4	6.2845	
W 100+	0.2417	7.5200	4	10.3385	

Day 2

2006 WMA Age Factors

Age Group	800 Meters 800 Mètres 800 Meter 800 Metros	Hurdles / Vallas / Haies / Hürden / Vallas			High Jump Hauteur Hochsprung Altura
	Factor	Length/space	First	Height	Factor
Women					
W 35-39	1.0000	60 / 8.50 m	13 m	0.840 / 33"	1.0000
W 40-44	0.9722	60 / 8.00 m	12 m	0.762 / 30"	0.9155
W 45-49	0.9303	60 / 8.00 m	12 m	0.762 / 30"	0.8650
W 50-54	0.8918	60 / 7.00 m	12 m	0.762 / 30"	0.8368
W 55-59	0.8356	60 / 7.00 m	12 m	0.762 / 30"	0.7903
W 60-64	0.7769	60 / 7.00 m	12 m	0.686 / 27"	0.7667
W 65-69	0.7028	60 / 7.00 m	12 m	0.686 / 27"	0.7187
W 70-74	0.6355	60 / 7.00 m	12 m	0.686 / 27"	0.6763
W 75-79	0.5603	60 / 7.00 m	12 m	0.686 / 27"	0.6252
W 80-84	0.4936	60 / 7.00 m	12 m	0.686 / 27"	0.5654
W 85-89	0.4296	60 / 7.00 m	12 m	0.686 / 27"	0.4867
W 90-94	0.3677	60 / 7.00 m	12 m	0.686 / 27"	0.4047
W 95-99	0.3037	60 / 7.00 m	12 m	0.686 / 27"	0.3204
W 100+	0.2417	60 / 7.00 m	12 m	0.686 / 27"	0.2417

APPENDIX J / ANNEXE J / ANHANG J / ANEXO J

FEMALE / FEMMES / FRAUEN / MUJERES

DECATHLON / DECATHLON / ZEHNKAMPF / DECATRLON

Day 1

2006 WMA Age Factors

Age Group	100 Meters 100 Mètres 100 Meter 100 Metros	400 Meters 400 Mètres 400 Meters 400 Metros	kg	Discus Disque Diskus Disco	Pole Vault Saut la Perche Stabhochsprung Garrocha	g	Javelin Javelot Speer Javalina
	Factor	Factor		Factor	Factor		Factor
Women							
W 35-39	1.0000	0.9580	1.000	1.0288	1.0981	600	1.0000
W 40-44	0.9545	0.9065	1.000	1.1071	1.1866	600	1.0946
W 45-49	0.9020	0.8602	1.000	1.1983	1.2907	600	1.2435
W 50-54	0.8551	0.8184	1.000	1.3059	1.4148	500	1.3645
W 55-59	0.8127	0.7805	1.000	1.4348	1.5606	500	1.5450
W 60-64	0.7744	0.7460	1.000	1.5918	1.7458	400	1.7460
W 65-69	0.7395	0.7143	1.000	1.7874	1.9808	400	1.9559
W 70-74	0.7076	0.6611	1.000	2.0379	2.2889	400	2.2231
W 75-79	0.6612	0.5877	1.000	2.3700	2.7105	400	2.5749
W 80-84	0.6244	0.5289	0.750	2.4063	3.3226	400	3.0590
W 85-89	0.5379	0.4621	0.750	2.9886	4.2917	400	3.7672
W 90-94	0.4561	0.3967	0.750	3.9416	6.0588	400	4.9021
W 95-99	0.3497	0.3173	0.750	5.7868		400	7.0157
W 100+	0.2417	0.2417	0.750	10.8800		400	12.333

Day 2

2006 WMA Age Factors

Age Group	Long Jump Longueur Weitsprung Longitud	Hurdles / Haies / Hürden / Vallas			
		Factor	Length/space	First	Height
Women					
W 35-39	1.0387	100 / 8.5 m	13 m	0.840 / 33"	0.9791
W 40-44	1.1023	80 / 8.0 m	12 m	0.762 / 30"	1.0941
W 45-49	1.1742	80 / 8.0 m	12 m	0.762 / 30"	1.0383
W 50-54	1.2561	80 / 7.0 m	12 m	0.762 / 30"	1.0517
W 55-59	1.3502	80 / 7.0 m	12 m	0.762 / 30"	0.9919
W 60-64	1.4596	80 / 7.0 m	12 m	0.686 / 27"	0.9502
W 65-69	1.5883	80 / 7.0 m	12 m	0.686 / 27"	0.8568
W 70-74	1.7420	80 / 7.0 m	12 m	0.686 / 27"	0.7400
W 75-79	1.9285	80 / 7.0 m	12 m	0.686 / 27"	0.6512
W 80-84	2.2118	80 / 7.0 m	12 m	0.686 / 27"	0.5309
W 85-89	2.5931	80 / 7.0 m	12 m	0.686 / 27"	0.4522
W 90-94	3.2696	80 / 7.0 m	12 m	0.686 / 27"	0.3700
W 95-99	4.4235	80 / 7.0 m	12 m	0.686 / 27"	0.2978
W 100+	7.5200	80 / 7.0 m	12 m	0.686 / 27"	0.2417

Age Group	High Jump Hauteur Hochsprung Altura	1500 Meters 1500 Mètres 1500 Meter 1500 Metros	Shot Put Poids Kugel Bala

	Factor	Factor	kg	Factor
Women				
W 35-39	1.0408	0.9822	3	1.0560
W 40-44	1.1008	0.9459	3	1.1722
W 45-49	1.1681	0.8937	3	1.3173
W 50-54	1.2442	0.8403	4	1.3876
W 55-59	1.3310	0.7869	4	1.5191
W 60-64	1.4307	0.7335	4	1.6782
W 65-69	1.5466	0.6801	4	1.8744
W 70-74	1.6829	0.6267	4	2.1227
W 75-79	1.8456	0.5733	4	2.4468
W 80-84	2.0431	0.5199	4	2.8876
W 85-89	2.2879	0.4515	4	3.5222
W 90-94	2.6795	0.3531	4	4.5143
W 95-99	3.2656	0.2247	4	6.2845
W 100+	4.1800	0.0663	4	10.3385

APPENDIX K / ANNEXE K / ANHANG K / ANEXO K

WMA OUTDOOR ADVANCEMENT PROCEDURE

8 LANE TRACKS (100, 200, 400, SHORT & LONG HURDLES)

Number Competitors	Preliminary					Quarterfinal				Semifinal				Final		
	Heats	Qualifying				Heats	Qualifying			Heats	Qualifying					
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, 2nd: 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.

WMA OUTDOOR ADVANCEMENT PROCEDURE

9 LANE TRACKS (100, 200, 400, SHORT & LONG HURDLES)

Number Competitor	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: 1st: lane 4, 2nd: lane 5, 3rd: 3, 4th: lane 6, 5th: lane 2, 6th: lane 7, 7th: lane 1, 8th: lane 8, 9th: lane 9. If any group goes to a direct final, lane assignments shall be per seed marks.

WMA OUTDOOR ADVANCEMENT PROCEDURE

All Tracks (800 Meter)

Number Competitors	Heats	Quarterfinals				Heats	Semifinals				Finals	
		Qualifying					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.

All Tracks (1500 Meter)

Number Competitors	Heats	Semifinals Qualifying				Finals
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, 6, 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.

WMA OUTDOOR ADVANCEMENT PROCEDURE

Lane Tracks (Events: 60 Meters & 60 Meters Short Hurdles)

Number Competitors	Heats	Preliminary Qualifying				Quarterfinal Qualifying				Semifinal Qualifying				Final		
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	
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 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, 2nd: 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.

WMA OUTDOOR ADVANCEMENT PROCEDURE

6 Lane Tracks (Events: 200 Meters & 400 Meters)

Number Competitors	Preliminary Qualifying					Quarterfinal					Semifinal					Final
	Heats	Qualifying				Heats	Qualifying				Heats	Qualifying				
1																1
7																1
13																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	43	T	2	2	P	2	T	1
43	8	2	P	8	T	4	2	P	41	T	2	2	P	2	T	1
49	9	2	P	6	T	4	2	P	49	T	2	2	P	2	T	1
55	10	2	P	10	T	5	2	P	81	T	3	1	P	3	T	1
61	11	2	P	8	T	5	2	P	81	T	3	1	P	3	T	1
67	12	2	P	6	T	5	2	P	81	T	3	1	P	3	T	1
73	13	2	P	10	T	6	2	P	68	T	3	1	P	3	T	1
79	14	2	P	8	T	6	2	P	68	T	3	1	P	3	T	1
85	15	2	P	12	T	7	2	P	48	T	3	1	P	3	T	1
91	16	2	P	10	T	7	2	P	46	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, 2nd 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.

WMA OUTDOOR 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.

WMA OUTDOOR ADVANCEMENT PROCEDURE

6 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. Semi-final 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 semi-finals 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.

WMA OUTDOOR ADVANCEMENT PROCEDURE

4 Lane Tracks (Events: 200 Meters & 400 Meters)

Number Competitor	Heats	Preliminary Qualifying				Heat	Quarterfinal Qualifying				Semifinal Qualifying				Final	
1															1	
9											3	1	P	5	T	1
13											4	1	P	4	T	1
17											5	1	P	3	T	1
21											6	1	P	2	T	1
25						7	12	P	9	T	4	1	P	4	T	1
29						8	12	P	8	T	4	1	P	4	T	1
33						9	12	P	7	T	4	1	P	4	T	1
37						10	12	P	6	T	4	1	P	4	T	1
41	11	2	P	6	T	7	12	P	9	T	4	1	P	4	T	1
45	12	2	P	8	T	8	12	P	8	T	4	1	P	4	T	1
49	13	2	P	10	T	9	12	P	11	T	5	1	P	3	T	1
53	14	2	P	8	T	9	12	P	11	T	5	1	P	3	T	1
57	15	2	P	10	T	10	12	P	10	T	5	1	P	3	T	1
61	16	2	P	8	T	10	12	P	10	T	5	1	P	3	T	1
65	17	2	P	10	T	11	12	P	9	T	5	1	P	3	T	1
69	18	2	P	12	T	12	12	P	12	T	6	1	P	2	T	1
73	19	2	P	10	T	12	12	P	12	T	6	1	P	2	T	1
77	20	2	P	12	T	13	1	P	11	T	6	1	P	2	T3	1

P = Number qualifying by place in each heat. T = Number qualifying by time from entire round.

Finals = Final consisting of two heats of 4 individuals in 200 and 400 with lane assignments as below. The four slowest finalists will run the first heat of the finals and the four fastest finalists will run the second heat of the finals.

Overall placing shall be from the two final heats on a time basis. 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 based 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, 2nd lane 3, 3rd lane 2, 4th lane1. If any heat goes to a direct final, lane assignments shall be per seed marks.

WMA OUTDOOR ADVANCEMENT PROCEDURE

4 Lane Tracks (800 Meter)

Number Competitors	Heats	Quarterfinals Qualifying				Heats	Semifinals Qualifying				Finals	
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.

WMA OUTDOOR ADVANCEMENT PROCEDURE

4 Lane Tracks (1500 Meter)

Number Competitors	Heats	Semifinals				Finals
		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. Semi-final 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 semi-finals 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.