

TÜRKİYE ATLETİZM FEDERASYONU 2024 KADINLAR TOHM BARAJ DERECELERİ

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

TÜRKİYE ATLETİZM FEDERASYONU 2024 ERKEKLER TOHM BARAJ DERECELERİ

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