

WPA SELECTION STANDARDS 2022

	Male				Female			
	U16	U18	U20	Senior	U16	U18	U20	Senior
100m	11,54	11,05	10,86	10,52	12,85	12,48	12,59	12,03
200m	23,19	22,19	21,87	21,11	26,12	25,59	25,37	24,45
400m	52,49	49,12	48,46	46,68	59,84	58,15	57,45	55,30
800m	2:01.84	1:55.07	1:53.09	1:48.02	2:17.37	2:14.53	2:16.55	2:09.60
1500m	4:18.08	4:02.08	3:58.74	3:45.34	4:49.80	4:44.83	4:49.39	4:29.51
3000m	9:27.04	8:50.29	8:39.41		10:44.60	10:28.27	11:01.50	
5000m			15:17.05	14:21.60			19:01.98	17:30.06
10000m				30:07.37				37:23.87
1500m Steeple Chase	4:37.70				5:51.73			
2000m Steeple Chase		6:21.78				7:41.98		
3000m Steeple Chase			9:39.58	9:12.83			12:32.89	11:15.43
5km Race Walk	28:07.52				29:09,3	30:04.25		
10km Race Walk		54:22.29	52:59,01				62:19.25	
20km Race Walk				1:36:14.58				1:55:44.46
50km Race Walk				No standard				No standard
90mH (76cm)					13.79			
100mH (76cm)						14,53		
100mH (84cm)	14,07						15,36	14,36
110mH (91cm)		14,48						
110mH (98cm)			14,48					
110mH (106cm)				14,54				
300mH (76cm)					46,74			
300mH (84cm)	40,92							
400mH (76cm)						64.60	64,28	61.30
400mH (83cm)		54,66						
400mH (91cm)			54,24	51,52				
High Jump	1,73	1,89	1,92	2,04	1,56	1,61	1,61	1,69
Pole Vault	3,28	3,84	4,06	4,72	2,44	2,80	3,14	3,30
Long Jump	6,12	6,75	6,95	7,35	5,18	5,42	5,36	6,00
Triple Jump	11,95	13,75	14,24	15,24	10,27	11,10	11,44	11,92
Shot Put (3kg)					12,76	13,83		
Shot Put (4kg)	15,32						11,82	13,12
Shot Put (5kg)		15,45						
Shot Put (6kg)			15,14					
Shot Put (7.26kg)				17,05				
Javelin Throw (500g)					37,46	41,43		
Javelin Throw (600g)	54,26						40,10	45,01
Javelin Throw (700g)		61,47						
Javelin Throw (800g)			60,24	69,41				
Discus Throw (1kg)	50.80				34,36	39,37	38,21	43,11
Discus Throw (1.5kg)		49.70						
Discus Throw (1.75kg)			45,33					
Discus Throw (2kg)				51,12				
Hammer Throw (3kg)					37,62	47,57		
Hammer Throw (4kg)	45,18						42,22	49,75
Hammer Throw (5kg)		53,38						
Hammer Throw (6kg)			52,85					
Hammer Throw (7.26kg)				57.80				
Heptathlon						4000	3900	3700
Decathlon		5000	5500	5900				