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|  **TÜRKİYE ATLETİZM FEDERASYONU BAŞKANLIĞI 2021 YILI TOHM ÖN KAYIT FORMU** |
| **Doğum Tarihi** | **Sporcunun Adı Soyadı** | **İli** | **Tel** | **Branşı** | **Derecesi** | **Yarışmanın Adı, Yeri ve Tarihi** |
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| **Doğum Tarihi** | **Antrenörün Adı Soyadı**  | **İli** | **Tel** | **Mesleği** | **Kademesi** | **Yarışmanın Adı, Yeri ve Tarihi** |
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|  **ATLETİZM FEDERASYONU BAŞKANLIĞI 2021 YILI KADINLAR TOHM BARAJ DERECELERİ** |
| **BRANŞLAR** | **14 YAŞ - 2007** | **15 YAŞ - 2006** | **16 YAŞ - 2005** | **17 YAŞ- 2004** | **18 YAŞ - 2003** | **19 YAŞ - 2002** | **20 YAŞ - 2001** |
| **100M**  | **12.85** | **12.75** | **12.60** | **12.45** | **12.25** | **12.10** | **12.00** |
| **200M**  | **26.00** | **25.80** | **25.45** | **25.25** | **24.85** | **24.75** | **24.60** |
| **400M**  | **59.70** | **59.20** | **58.00** | **57.60** | **56.40** | **56.10** | **55.90** |
| **100M ENGEL** | **-** | **14.65 (76.2)** | **14.55 (76.2)** | **14.45 (76.2)** | **14.35 (84.0)** | **14.25 (84.0)** | **14.10 (84.0)** |
| **400M ENGEL** | **-** | **64.50** | **63.80 (76.2)** | **63.40 (76.2)** | **62.20 (76.2)** | **61.80 (76.2)** | **61.50 (76.2)** |
| **800M**  | **2.19.50** | **2.17.50** | **2.15.50** | **2.14.50** | **2.12.50** | **2.11.50** | **2.10.00** |
| **1500M**  | **4.48.00** | **4.46.00** | **4.43.00** | **4.40.00** | **4.33.00** | **4.31.00** | **4.29.00** |
| **3000M**  | **-** | **10.10.00** | **10.05.00** | **9.58.50** | **9.52.50** | **9.48.50** | **9.44.50** |
| **5000M** | **-** | **-** | **-** | **17.14.50** | **17.06.50** | **16.58.50** | **16.50.50** |
| **10.000M** | **-** | **-** | **-** | **-** | **-** | **37.00.00** | **36.45.00** |
| **2000M ENGEL** | **-** | **7.20.50** | **7.18.50** | **7.15.30** | **7.06.00** | **7.02.00** | **-** |
| **3000M ENGEL** | **-** | **-** | **-** | **-** | **10.46.00** | **10.42.00** | **10.39.00** |
| **YÜKSEK** | **1.60** | **1.64** | **1.66** | **1.68** | **1.72** | **1.74** | **1.76** |
| **SIRIK** | **3.00** | **3.10** | **3.30** | **3.40** | **3.60** | **3.70** | **3.80** |
| **UZUN**  | **5.20** | **5.30** | **5.40** | **5.50** | **5.70** | **5.80** | **5.90** |
| **ÜÇ ADIM** | **11.00** | **11.30** | **11.60** | **11.90** | **12.20** | **12.40** | **12.60** |
| **GÜLLE**  | **12.50 (3kg)** | **13.00 (3kg)** | **13.50 (3kg)** | **14.00 (3kg)** | **13.50 (4kg)** | **14.00 (4kg)** | **14.50 (4kg)** |
| **DİSK**  | **38.00 (750gr)** | **39.00 (750gr)** | **40.00 (1kg)** | **41.00 (1kg)** | **43.30 (1kg)** | **45.00 (1kg)** | **47.00(1kg)** |
| **CİRİT**  | **42.00 (400gr)** | **43.00 (400gr)** | **44.00 (500gr)** | **46.00 (500gr)** | **45.00 (600gr)** | **47.00 (600gr)** | **49.00 (600gr)** |
| **ÇEKİÇ**  | **48.00 (3kg)** | **50.00 (3kg)** | **53.50 (3kg)** | **55.00 (3kg)** | **54.00 (4kg)** | **55.50 (4kg)** | **57.00 (4kg)** |
| **PENTATLON** |  | **-** | **3100 puan** | **3200 puan** | **3300 puan** | **3400 puan** | **3600 puan** |
| **HEPTATLON** | **-** | **-** | **4000 puan** | **4200 puan** | **4400 puan** | **4500 puan** | **4700 puan** |
| **3 km Yürüyüş** | **15.20.50** | **15.10.50** | **15.00.50** | **-** | **-** | **-** | **-** |
| **5 km Yürüyüş** | **-** | **-** | **26.30.50** | **26.00.00** | **-** | **-** | **-** |
| **10km Yürüyüş** | **-** | **-** | **-** | **52.00.00** | **51.50.00** | **51.00.00** | **50.30.00** |
| **20km Yürüyüş** | **-** |  | **-** | **-** | **-** | **-** | **1.46.30** |

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|  **ATLETİZM FEDERASYONU BAŞKANLIĞI 2021 YILI ERKEKLER TOHM BARAJ DERECELERİ** |
| **BRANŞLAR** | **14 YAŞ - 2007** | **15 YAŞ - 2006** | **16 YAŞ - 2005** | **17 YAŞ- 2004** | **18 YAŞ - 2003** | **19 YAŞ - 2002** | **20 YAŞ - 2001** |
| **100M** | **11.45** | **11.30** | **11.20** | **11.10** | **10.90** | **10.80** | **10.70** |
| **200M**  | **23.10** | **22.80** | **22.55** | **22.45** | **21.95** | **21.85** | **21.70** |
| **400M**  | **52.50** | **51.50** | **50.60** | **50.00** | **49.50** | **49.00** | **48.50** |
| **110M ENGEL** | **-** | **14.65 (91,4)** | **14.55 (91,4)** | **14.40 (91,4)** | **14.45 (99,1)** | **14.35 (99,1)** | **14.35 (1,067)** |
| **400M ENGEL** | **-** | **57.60(0,838)** | **57.00(0,838)** | **56.00 (0,838)** | **55.40 (91.4)** | **54.50 (91.4)** | **54.00 (91.4)** |
| **800M**  | **2.02.50** | **2.00.50** | **1.58.50** | **1.57.50** | **1.54.00** | **1.53.00** | **1.52.00** |
| **1500M**  | **4.10.50** | **4.07.50** | **4.03.50** | **4.01.50** | **3.57.00** | **3.55.00** | **3.52.00** |
| **3000M**  | **-** | **-** | **8.47.00** | **8.43.00** | **8.34.00** | **8.30.00** | **8.25.00** |
| **5000M** | **-** | **-** | **-** | **15.07.00** | **14.50.00** | **14.40.00** | **14.35.00** |
| **10.000M** | **-** | **-** | **-** | **-** | **31.00.00** | **30.45.00** | **30.35.00** |
| **2000M ENGEL** | **-** | **-** | **6.16.50** | **6.09.30** | **6.06.00** | **6.01.00** | **-** |
| **3000M ENGEL** | **-** | **-** | **-** | **-** | **9.23.30** | **9.20.30** | **9.16.50** |
| **YÜKSEK** | **1.82** | **1.86** | **1.94** | **1.96** | **2.02** | **2.04** | **2.08** |
| **SIRIK** | **4.00** | **4.10** | **4.20** | **4.30** | **4.60** | **4.70** | **4.90** |
| **UZUN**  | **6.10** | **6.40** | **6.60** | **6.70** | **7.00** | **7.10** | **7.30** |
| **ÜÇ ADIM** | **13.00** | **13.40** | **13.70** | **14.00** | **14.40** | **14.55** | **14.85** |
| **GÜLLE**  | **15.00 (4kg)** | **15.50 (4kg)** | **16.00 (5kg)** | **16.60 (5kg)** | **16.60 (6kg)** | **17.20 (6kg)** | **16.00 (7.260gr)** |
| **DİSK**  | **48.00 (1000gr)** | **50.00 (1000gr)** | **50.00 (1500gr)** | **52.00 (1500gr)** | **51.50 (1750gr)** | **53.00 (1750gr)** | **51.00 (2kg)** |
| **CİRİT**  | **56.00(600gr)** | **58.00 (600gr)** | **60.00 (700gr)** | **62.00 (700gr)** | **63.00 (800gr)** | **65.00 (800gr)** | **67.00 (800gr)** |
| **ÇEKİÇ**  | **58.00 (4kg)** | **60.00(4kg)** | **60.00 (5kg)** | **62.00 (5kg)** | **63.00 (6kg)** | **64.50 (6kg)** | **61.00 (7.260gr)** |
| **HEPTATLON** |  | **4100 puan** | **4200 puan** | **4300 puan** | **4500 puan** | **4600 puan** | **4700 puan** |
| **DEKATLON** | **-** | **-** | **5200 PUAN** | **5400 PUAN** | **5600 PUAN** | **5900 PUAN** | **6200 PUAN** |
| **3 km Yürüyüş** | **14.05.50** | **13.55.50** | **13.45.50** | **-** | **-** | **-** |  |
| **5 km Yürüyüş** | **-** | **-** | **24.00.00** | **23.30.00** | **22.00.00** | **21.20.00** | **-** |
| **10km Yürüyüş** | **-** | **-** | **50.00.00** | **49.00.00** | **48.00.00** | **47.00.00** | **43.00.00** |
| **20km Yürüyüş** | **-** | **-** | **-** | **-** |  | **1.35.50.00** | **1.34.50** |