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| **TÜRKİYE ATLETİZM FEDERASYONU BAŞKANLIĞI TOHM SPORCU ÖN KAYIT FORMU** | | | |
| **Sporcunun Adı Soyadı** |  | **Antrenörün Adı Soyadı** |  |
| **Doğum Tarihi** |  | **Antrenörlük Kademesi** |  |
| **Branşı ve Derecesi** |  | **Çalıştığı Kurum ve Görevi** |  |
| **Yarışma Tarihi** |  | **Antrenörün Telefon Numarası** |  |
| **Yarışmanın Adı ve Yapıldığı il** |  | **Antrenörün İkamet ettiği il** |  |
| **İkamet ettiği (yaşadığı) il** |  |  |  |
| **Kayıt Yaptırmak İstediği İl** |  |  |  |
| **Sporcunun Telefon Numarası** |  |  |  |
| **Ayakkabı Numarası** |  |  |  |
| **Bedeni** |  |  |  |

**TÜRKİYE ATLETİZM FEDERASYONU BAŞKANLIĞI 2018 ARA DÖNEM TOHM BARAJ DERECELERİ**

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| **TOHM KADINLAR KATILIM BARAJ DERECELERİ** | | | | | | | | | | | | | | |
| **D. T** | **Yaş** | **60m** | **100m** | **200m** | **400m** | **800m** | **1500m** | **3000m** | **5000m** | **10.000m** | **100mEg** | **400mEgn** | **2000mEg** | **3000mEng** |
| **1998** | **20 Yaş** | **7.85** | **12.20** | **25.10** | **56.50** | **2.12.50** | **4.33.50** | **9.41.50** | **16.46.50** | **36.53.50** | **14.35** | **61.50** |  | **10.40.50** |
| **1999** | **19 Yaş** | **7.95** | **12.30** | **25.30** | **56.80** | **2.14.50** | **4.37.50** | **9.45.50** | **16.51.50** | **36.57.50** | **14.45** | **61.80** |  | **10.45.50** |
| **2000** | **18 Yaş** | **8.00** | **12.40** | **25.50** | **57.50** | **2.16.50** | **4.40.50** | **9.48.50** | **17.00.50** | **37.06.50** | **14.55** | **62.30** |  | **10.50.50** |
| **2001** | **17 Yaş** | **8.05** | **12.50** | **25.60** | **58.20** | **2.18.50** | **4.46.50** | **9.52.50** |  |  | **14.50** | **63.65** | **7.21.30** | **10.52.50** |
| **2002** | **16 Yaş** | **8.10** | **12.65** | **25.80** | **58.70** | **2.19.50** | **4.47.50** | **9.55.50** |  |  | **14.60** | **63.80** | **7.22.30** | **--** |
| **2003** | **15 Yaş** | **8.15** | **12.75** | **26.20** | **60.00** | **2.20.60** | **4.48.50** | **---** | **--** | **---** | **14.75** | **--** | **7.23.20** | **--** |
| **2004** | **14 Yaş** | **8.20** | **12.85** | **26.40** | **60.50** | **2.22.60** | **4.52.50** | **---** | **--** | **---** | **--** | **--** | **--** | **--** |

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| **TOHM KADINLAR KATILIM BARAJ DERECELERİ** | | | | | | | | | | | |
| **D. T** | **Yaş** | **Yürüyüş** | **Çoklu Branşlar** | **UZUN** | **Üç Adım** | **Yüksek** | **SIRIK** | **GÜLLE** | **DİSK** | **CİRİT** | **ÇEKİÇ** |
| **1998** | **20 Yaş** | **10 km: 47.00.0** | **Pentatlon: 3300 Puan** | **5.90** | **12.50** | **1.76** | **3.80** | **14.00 (4 kg)** | **46.00 (1kg)** | **48.00 (600gr)** | **55.00 (4kg)** |
| **1999** | **19 Yaş** | **10km: 48.00.0** | **Pentatlon: 3150 Puan** | **5.80** | **12.30** | **1.74** | **3.70** | **13.50 (4kg)** | **44.00 (1kg)** | **47.00 (600gr)** | **53.00 (4kg)** |
| **2000** | **18 Yaş** | **10 km: 48.30.0** | **Pentatlon: 3100 Puan** | **5.70** | **12.00** | **1.72** | **3.60** | **13.00 (4kg)** | **43.00 (1kg)** | **46.00 (600gr)** | **51.00 (4kg)** |
| **2001** | **17 Yaş** | **5 km: 25.00.00** | **Pentatlon: 3000 Puan** | **5.60** | **11.60** | **1.70** | **3.50** | **13.50 (3kg)**  **12.50 (4kg)** | **39.50 (1kg)** | **44.00 (500gr)**  **43.00 (600gr)** | **53.00 (3kg)**  **49.00 (4kg)** |
| **2002** | **16 Yaş** | **5 km: 25.20.00** | **Pentatlon: 2900 Puan** | **5.50** | **11.40** | **1.68** | **3.40** | **13.00 (3kg)** | **39.00 (1kg)** | **43.50 (500gr)** | **52.00 (3kg)** |
| **2003** | **15 Yaş** | **3 km: 15.40.00** | **Tiriatlon: 1800 Puan** | **5.30** | **11.00** | **1.64** | **3.20** | **12.50 (3kg)** | **39.50 (750gr)** | **44.00 (400gr)** | **51.00 (3kg)** |
| **2004** | **14 Yaş** | **3 km: 15.40.00** | **-----------** | **5.00** | **--** | **1.62** | **--** | **12.00 (3kg)** | **38.00 (750gr)** | **43.00 (400gr)** | **50.00 (3kg)** |

**TÜRKİYE ATLETİZM FEDERASYONU BAŞKANLIĞI 2018 ARA DÖNEM TOHM BARAJ DERECELERİ**

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| **TOHM ERKEKLER KATILIM BARAJ DERECELER** | | | | | | | | | | | | | | |
| **D. T** | **Yaş** | **60m** | **100m** | **200m** | **400m** | **800m** | **1500m** | **3000m** | **5000m** | **10.000m** | **110Eg** | **400Eg** | **2000Eg** | **3000 Eng** |
| **1998** | **20 Yaş** | **6.85** | **10.75** | **22.00** | **48.60** | **1.52.60** | **3.54.50** | **8.33.50** | **14.42.50** | **31.35.50** | **14.50** | **53.00** |  | **9.16.50** |
| **1999** | **19 Yaş** | **6.90** | **10.85** | **22.20** | **48.80** | **1.54.60** | **3.56.50** | **8.38.50** | **14.47.50** | **31.46.50** | **14.55** | **54.30** |  | **9.20.50** |
| **2000** | **18 Yaş** | **6.95** | **11.05** | **22.40** | **49.50** | **1.56.60** | **3.58.50** | **8.41.50** | **14.49.50** | **31.56.50** | **14.60** | **54.70** |  | **9.25.50** |
| **2001** | **17 Yaş** | **7.10** | **11.20** | **22.60** | **50.40** | **1.58.60** | **4.02.50** | **8.44.50** | **--** |  | **14.70** | **56.40** | **6.11.20** |  |
| **2002** | **16 Yaş** | **7.20** | **11.30** | **22.70** | **50.60** | **1.59.60** | **4.03.50** | **8.47.50** | **---** |  | **14.75** | **56.50** | **6.12.30** |  |
| **2003** | **15 Yaş** | **7.30** | **11.40** | **22.85** | **51.50** | **2.01.80** | **4.04.50** | **--** | **---** |  | **14.80** | **--** | **6.13.10** |  |
| **2004** | **14 Yaş** | **7.40** | **11.50** | **23.00** | **52.10** | **2.02.80** | **4.05.50** | **--** | **---** |  | **--** | **--** | **--** |  |

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| **TOHM ERKEKLER KATILIM BARAJ DERECELERİ** | | | | | | | | | | | |
| **D. T** | **Yaş** | **Yürüyüş** | **Çoklu Branşlar** | **UZUN** | **Üç Adım** | **Yüksek** | **SIRIK** | **GÜLLE** | **DİSK** | **CİRİT** | **ÇEKİÇ** |
| **1998** | **20 Yaş** | **10 km: 44.00.0** | **Heptatlon:4350 puan** | **7.20** | **15.00** | **2.10** | **4.80** | **16.00 (7.260)** | **52.00 (2kg)** | **67.00 (800gr)** | **60.00(7.260)** |
| **1999** | **19 Yaş** | **10 km: 45.00.0**  **5 km: 22.20.0** | **Heptatlon:4200 puan** | **7.00** | **14.40** | **2.05** | **4.65** | **17.50 (6kg)** | **53.50 (1.750)** | **66.50 (800gr)** | **64.00 (6kg)** |
| **2000** | **18 Yaş** | **10 km: 45.50.0**  **5 km: 22.50.0** | **Heptatlon:4000 puan** | **6.80** | **14.00** | **2.00** | **4.50** | **16.50 (6kg)**  **17.50 (5kg)** | **52.50 (1.750)** | **65.00 (800gr)** | **62.00 (6kg)** |
| **2001** | **17 Yaş** | **10 km: 47.50.0**  **5 km: 23.20.0** | **Heptatlon:3900 puan** | **6.60** | **13.80** | **1.94** | **4.35** | **15.50 (6kg)**  **16.50 (5kg)** | **52.00 (1.500)** | **60.00 (800)**  **61.00 (700)** | **60.00 (6kg)**  **61.00 (5kg)** |
| **2002** | **16 Yaş** | **10 km: 48.50.0**  **5 km: 23.40.0** | **Pentatlon:3500 puan** | **6.40** | **13.50** | **1.90** | **4.20** | **16.00 (5kg)** | **51.00 (1.500)** | **60.00 (700gr)** | **60.00 (5kg)**  **59.00 (6kg)** |
| **2003** | **15 Yaş** | **3 km: 14.10.0** | **Pentatlon:1950 puan** | **6.15** | **13.20** | **1.84** | **4.10** | **16.00 (4kg)** | **51.50 (1kg)** | **61.00 (600gr)** | **60.00 (4kg)** |
| **2004** | **14 Yaş** | **3 km: 14.25.0** | **-----------------** | **6.00** | **--** | **1.80** | **--** | **15.00 (4kg)** | **50.00 (1kg)** | **60.00 (600gr)** | **59.00 (4kg)** |