**TÜRKİYE ATLETİZM FEDERASYONU BAŞKANLIĞI MART 2019 ARA DÖNEM TOHM BARAJ DERECELERİ**

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| **TOHM KADINLAR KATILIM BARAJ DERECELERİ** | | | | | | | | | | |
| **D. T** | **Yaş** | **60m** | **200m** | **400m** | **800m** | **1500m** | **3000m** | **3km Yürüyüş** | **5km Yürüyüş** | **10km Yürüyüş** |
| **1999** | **20 Yaş** | **7.80** | **25.35** | **56.40** | **2.11.50** | **4.35.50** | **9.38.50** | **-** | **23.15** | **47.50** |
| **2000** | **19 Yaş** | **7.85** | **25.50** | **56.80** | **2.13.50** | **4.40.50** | **9.42.50** | **14.15** | **23.50** | **48.20** |
| **2001** | **18 Yaş** | **7.90** | **25.65** | **57.30** | **2.15.50** | **4.43.50** | **9.46.50** | **14.35** | **24.40** | **48.40** |
| **2002** | **17 Yaş** | **7.95** | **25.80** | **58.00** | **2.17.50** | **4.46.50** | **9.50.50** | **14.50** | **25.15** | **49.00** |
| **2003** | **16 Yaş** | **8.05** | **26.10** | **58.80** | **2.19.50** | **4.48.50** | **9.54.50** | **15.15** | **25.40** | **-** |
| **2004** | **15 Yaş** | **8.10** | **26.25** | **60.00** | **2.22.50** | **4.50.50** | **9.58.50** | **15.35** | **-** | **-** |

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| **TOHM KADINLAR KATILIM BARAJ DERECELERİ** | | | | | | | | | | | |
| **D. T** | **Yaş** | **Pentatlon** | **Tiriatlon** | **UZUN** | **Üç Adım** | **Yüksek** | **SIRIK** | **GÜLLE** | **DİSK** | **CİRİT** | **ÇEKİÇ** |
| **1999** | **20 Yaş** | **3500 Puan** | **-** | **6.00** | **12.60** | **1.80** | **3.80** | **14.00 (4 kg)** | **46.50 (1kg)** | **48.00 (600gr)** | **57.00 (4kg)** |
| **2000** | **19 Yaş** | **3350 Puan** | **-** | **5.90** | **12.40** | **1.78** | **3.70** | **13.50 (4kg)** | **44.50 (1kg)** | **46.00 (600gr)** | **55.00 (4kg)** |
| **2001** | **18 Yaş** | **3250 Puan** | **-** | **5.75** | **12.10** | **1.75** | **3.55** | **13.00 (4kg)** | **42.50 (1kg)** | **44.00 (600gr)** | **53.00 (4kg)** |
| **2002** | **17 Yaş** | **3150 Puan** | **-** | **5.60** | **11.80** | **1.71** | **3.45** | **14.00 (3kg)** | **39.50 (1kg)** | **45.00 (500gr)** | **52.50 (3kg)** |
| **2003** | **16 Yaş** | **3000 Puan** | **-** | **5.40** | **11.60** | **1.68** | **3.35** | **13.50 (3kg)** | **38.00 (1kg)** | **43.00 (500gr)** | **51.00 (3kg)** |
| **2004** | **15 Yaş** | **-** | **2150 Puan** | **5.25** | **11.40** | **1.64** | **3.25** | **13.00 (3kg)** | **40.00 (750gr)** | **43.00 (400gr)** | **49.00 (3kg)** |

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| **TOHM ERKEKLER KATILIM BARAJ DERECELE** | | | | | | | | | | |
| **D. T** | **Yaş** | **60m** | **200m** | **400m** | **800m** | **1500m** | **3000m** | **3km Yürüyüş** | **5km Yürüyüş** | **10km Yürüyüş** |
| **1999** | **20 Yaş** | **6.90** | **22.00** | **48.80** | **1.53.00** | **3.53.00** | **8.28.50** | **-** | **20.25** | **43.25** |
| **2000** | **19 Yaş** | **6.95** | **22.10** | **49.20** | **1.55.00** | **3.56.00** | **8.34.50** | **12.10** | **21.10** | **44.00** |
| **2001** | **18 Yaş** | **7.00** | **22.30** | **49.40** | **1.57.50** | **3.58.50** | **8.38.50** | **12.30** | **21.40** | **44.50** |
| **2002** | **17 Yaş** | **7.10** | **22.50** | **50.10** | **1.59.50** | **4.01.50** | **8.44.50** | **12.50** | **22.25** | **45.50** |
| **2003** | **16 Yaş** | **7.20** | **22.80** | **50.50** | **2.01.50** | **4.04.50** | **8.48.50** | **13.30** | **22.50** | **46.40** |
| **2004** | **15 Yaş** | **7.30** | **23.10** | **51.40** | **2.03.00** | **4.06.50** | **8.53.50** | **14.00** | **-** | **-** |

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| **TOHM ERKEKLER KATILIM BARAJ DERECELE** | | | | | | | | | | | |
| **D. T** | **Yaş** | **Heptatlon** | **Tiriatlon** | **UZUN** | **Üç Adım** | **Yüksek** | **SIRIK** | **GÜLLE** | **DİSK** | **CİRİT** | **ÇEKİÇ** |
| **1999** | **20 Yaş** | **4500 Puan** | **-** | **7.30** | **15.00** | **2.10** | **4.90** | **16.00 (7.260)** | **51. 50 (2kg)** | **67.00 (800gr)** | **61.00 (7.260)** |
| **2000** | **19 Yaş** | **4350 Puan** | **-** | **7.00** | **14.40** | **2.05** | **4.70** | **17.00 (6kg)** | **53.00 (1.750)** | **65.00 (800gr)** | **63.50 (6kg)** |
| **2001** | **18 Yaş** | **4250 Puan** | **-** | **6.80** | **14.10** | **2.00** | **4.50** | **16.00 (6kg)** | **51.00 (1.750)** | **63.00 (800gr)** | **61.50(6kg)** |
| **2002** | **17 Yaş** | **4150 Puan** | **-** | **6.60** | **13.70** | **1.95** | **4.30** | **16.00 (5kg)** | **51.50(1.500)** | **61.00 (700gr)** | **59.50(5kg)** |
| **2003** | **16 Yaş** | **4000 Puan** | **-** | **6.40** | **13.30** | **1.90** | **4.10** | **15.00 (5kg)** | **49.50 (1.500)** | **59.00 (700gr)** | **57.50 (5kg)** |
| **2004** | **15 Yaş** | **-** | **2300puan** | **6.20** | **13.00** | **1.85** | **3.90** | **15.50 (4kg)** | **50.00 (1kg)** | **58.00 (600gr)** | **56.00 (4kg)** |