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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** |  |  |  |
| **Sporcunun Bedeni** |  |  |  |
| **Sporcunun Ayakkabı Numarası** |  |  |  |
| **Sporcunun Boyu** |  |  |  |
| **Sporcunun Kilosu** |  |  |  |

**NOT: İlk kez kayıt yaptıracak olan sporcular tarafından doldurulacaktır.**

**TÜRKİYE ATLETİZM FEDERASYONU 2019 TOHM EYLÜL BARAJ DERECELERİ**

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| **TOHM KADINLAR KATILIM BARAJ DERECELERİ** | | | | | | | | | | | | | | |
| **D. T** | **100m** | **200m** | **400m** | **800m** | **1500m** | **3000m** | **5000m** | **10.000m** | **100Eg** | **400Eg** | **2000Eg** | **3000mEg** | **3k m Yürüyüş** | **5km Yürüyüş** |
| **1999** | **12.10** | **24.50** | **56.10** | **2.09.50** | **4.34.10** | **9.42.50** | **16.45.50** | **36.45.50** | **14.20** | **61.10** | **-** | **10.40.50** | **14.10.00** | **24.00.00** |
| **2000** | **12.20** | **24.70** | **56.60** | **2.11.50** | **4.38.10** | **9.46.50** | **16.55.30** | **36.52.20** | **14.30** | **61.60** | **7.12.50** | **10.44.50** | **14.20.00** | **25.10.00** |
| **2001** | **12.35** | **25.00** | **57.20** | **2.13.50** | **4.41.10** | **9.52.50** | **17.05.50** | **37.10.20** | **14.40** | **62.50** | **7.14.50** | **10.48.50** | **14.35.00** | **25.45.00** |
| **2002** | **12.50** | **25.35** | **57.80** | **2.16.50** | **4.45.50** | **9.56.50** | **17.11.10** | **37.50.30** | **14.45** | **63.70** | **7.18.50** | **10.53.50** | **14.45.00** | **26.10.00** |
| **2003** | **12.65** | **25.70** | **58.80** | **2.18.50** | **4.47.50** | **9.59.50** | **-** | **---** | **14.55** | **63.90** | **7.21.50** | **---** | **14.55.00** | **26.15.00** |
| **2004** | **12.80** | **26.00** | **59.90** | **2.20.50** | **4.50.50** | **--** | **--** | **---** | **14.65** | **64.20** | **7.23.50** | **--** | **15.00.00** | **-** |
| **2005** | **12.90** | **26.30** | **60.70** | **2.22.50** | **4.52.50** | **---** | **--** | **---** | **--** | **--** | **-** | **--** | **15.10.00** | **-** |

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| **TOHM KADINLAR KATILIM BARAJ DERECELERİ** | | | | | | | | | | | | |
| **D. T** | **10kmYürüyüş** | **Tiriatlon** | **Pentatlon** | **Heptatlon** | **UZUN** | **Üç Adım** | **Yüksek** | **SIRIK** | **GÜLLE** | **DİSK** | **CİRİT** | **ÇEKİÇ** |
| **1999** | **50.45.50** | **-** | **3400 Puan** | **5500 Puan** | **6.00** | **12.70** | **1.80** | **3.90** | **14.50 (4 kg)** | **46.00 (1kg)** | **49.00 (600gr)** | **58.00 (4kg)** |
| **2000** | **51.10.00** | **-** | **3300 Puan** | **4800 puan** | **5.80** | **12.40** | **1.77** | **3.70** | **14.00 (4kg)** | **44.00 (1kg)** | **47.50 (600gr)** | **56.00 (4kg)** |
| **2001** | **51.15.00** | **-** | **3200 Puan** | **4400 Puan** | **5.70** | **12.10** | **1.74** | **3.50** | **13.50 (4kg)** | **42.00 (1kg)** | **45.00 (600gr)** | **54.00 (4kg)** |
| **2002** | **51.20.00** | **-** | **3000 Puan** | **4200 Puan** | **5.60** | **11.80** | **1.70** | **3.30** | **13.00 (4kg)**  **14.50 (3kg)** | **39.50 (1kg)** | **43.00 (600gr)**  **44.00 (500gr)** | **52.00 (4kg)**  **54.00 (3kg)** |
| **2003** | **51.30.00** | **-** | **2900 Puan** | **4100 Puan** | **5.40** | **11.50** | **1.68** | **3.20** | **13.50 (3kg)** | **38.50 (1kg)** | **43.50 (500gr)** | **52.00 (3kg)** |
| **2004** | **-** | **-** | **2700 Puan** | **4000 Puan** | **5.20** | **11.20** | **1.64** | **3.10** | **13.00 (3kg)** | **40.50 (750gr)** | **44.50 (400gr)** | **50.00 (3kg)** |
| **2005** | **-** | **-** | **2500 Puan** | **-** | **5.10** | **--** | **1.60** | **--** | **12.50 (3kg)** | **39.00 (750gr)** | **43.00 (400gr)** | **--** |

**TÜRKİYE ATLETİZM FEDERASYONU 2019 TOHM EYLÜL BARAJ DERECELERİ**

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| **TOHM ERKEKLER KATILIM BARAJ DERECELERİ** | | | | | | | | | | | | | | | |
| **D. T** | **100m** | **200m** | **400m** | **800m** | **1500m** | **3000m** | **5000m** | **10.000m** | **110Eg** | **400Eg** | **2000Eg** | **3000 Eg** | **3km Yürüyüş** | **5km**  **Yürüyüş** | **10km**  **Yürüyüş** |
| **1999** | **10.70** | **21.60** | **48.35** | **1.52.60** | **3.51.50** | **8.25.50** | **14.35.10** | **30.45.10** | **14.25** | **53.50** | **-** | **9.16.10** | **-** | **20.40.00** | **43.50.50** |
| **2000** | **10.80** | **21.80** | **48.70** | **1.54.60** | **3.54.50** | **8.32.50** | **14.42.50** | **31.15.10** | **14.30** | **54.60** | **6.02.50** | **9.19.10** | **13.00.00** | **21.20.00** | **44.20.50** |
| **2001** | **10.90** | **22.00** | **49.30** | **1.56.60** | **3.57.50** | **8.41.50** | **14.51.50** | **31.40.10** | **14.45** | **55.65** | **6.06.50** | **9.22.30** | **13.20.00** | **22.00.00** | **45.50.50** |
| **2002** | **11.10** | **22.60** | **49.85** | **1.58.60** | **4.02.50** | **8.47.50** | **15.06.50** | **32.10.10** | **14.50** | **56.45** | **6.10.50** | **9.25.60** | **13.35.00** | **22.30.00** | **48.35.00** |
| **2003** | **11.20** | **22.75** | **50.70** | **2.00.60** | **4.05.10** | **8.51.50** | **---** |  | **14.55** | **56.75** | **6.12.50** | **9.30.10** | **13.50.00** | **22.50.00** | **48.45.00** |
| **2004** | **11.38** | **22.85** | **51.85** | **2.02.60** | **4.08.50** | **--** | **---** | **--** | **14.60** | **56.98** | **6.14.50** | **---** | **14.00.00** | **-** | **-** |
| **2005** | **11.48** | **23.10** | **52.85** | **2.04.60** | **4.11.50** | **---** | **---** | **--** | **--** | **--** | **----** | **---** | **14.20.00** | **-** | **-** |

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| **TOHM ERKEKLER KATILIM BARAJ DERECELERİ** | | | | | | | | | | | | |
| **D. T** | **Tiriatlon** | **Pentatlon** | **Heptatlon** | **Dekatlon** | **UZUN** | **Üç Adım** | **Yüksek** | **SIRIK** | **GÜLLE** | **DİSK** | **CİRİT** | **ÇEKİÇ** |
| **1999** | **-** | **3800 Puan** | **4500 puan** | **6000 Puan** | **7.20** | **15.00** | **2.10** | **5.00** | **15.00 (7.260)** | **52.00 (2kg)** | **68.00 (800gr)** | **62.00 (7.260)** |
| **2000** | **-** | **3700 Puan** | **4400 puan** | **5800 Puan** | **7.00** | **14.40** | **2.05** | **4.70** | **16.00 (6kg)** | **54.00 (1.750)** | **65.00 (800gr)** | **64.00 (6kg)** |
| **2001** | **-** | **3600 puan** | **4300 puan** | **5600 Puan** | **6.80** | **14.10** | **2.00** | **4.60** | **15.50 (6kg)**  **16.00 (5kg)** | **51.00 (1.750)**  **54.00 (1.500)** | **62.00 (800gr)**  **64.00 (700gr)** | **62.00 (6kg)**  **63.00 (5kg)** |
| **2002** | **-** | **3500 puan** | **4200 puan** | **5500 Puan** | **6.60** | **13.80** | **1.94** | **4.40** | **15.00 (6kg)**  **15.50 (5kg)** | **52.00 (1.500)**  **54.00 (1kg)** | **59.00 (800)**  **60.50 (700gr)** | **60.00 (6kg)**  **60.50 (5kg)** |
| **2003** | **-** | **3400 puan** | **4100 puan** | **5200 Puan** | **6.40** | **13.50** | **1.90** | **4.20** | **15.00 (5kg)** | **50.00 (1.500)**  **52.00 (1kg)** | **58.00 (700gr)** | **58.00 (6kg)**  **59.50 (5kg)** |
| **2004** | **-** | **3300 Puan** | **-** | **-** | **6.20** | **13.20** | **1.84** | **4.00** | **15.00 (4kg)** | **50.00 (1kg)** | **59.00 (600gr)** | **60.00 (4kg)** |
| **2005** | **-** | **3200 Puan** | **-** | **-** | **6.00** | **-** | **1.80** | **--** | **14.50 (4kg)** | **48.00 (1kg)** | **56.50 (600gr)** | **-** |