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|  **TÜRKİYE ATLETİZM FEDERASYONU 2020 YARIŞMA SEZONU ERKEKLER TOHM KATILIM BARAJ DERECELERİ** |
| **BRANŞLAR** | **14 YAŞ - 2006** | **15 YAŞ - 2005** | **16 YAŞ - 2004** | **17 YAŞ- 2003** | **18 YAŞ - 2002** | **19 YAŞ - 2001** | **20 YAŞ - 2000** |
| **60M SALON** | **7.30** | **7.25** | **7.20** | **7.15** | **7.05** | **6.95** | **6.90** |
| **100M** | **11.45** | **11.35** | **11.25** | **11.15** | **10.95** | **10.85** | **10.75** |
| **200M SALON** | **23.30** | **23.10** | **22.90** | **22.70** | **22.35** | **22.15** | **21.95** |
| **200M AÇIK** | **23.10** | **22.90** | **22.70** | **22.50** | **22.15** | **21.95** | **21.75** |
| **400M SALON** | **52.90** | **52.10** | **51.10** | **50.60** | **50.10** | **49.50** | **49.00** |
| **400M AÇIK** | **52.40** | **51.60** | **50.60** | **50.00** | **49.60** | **49.00** | **48.50** |
| **110M ENGEL** | **-** | **14.60 (91,4)** | **14.50 (91,4)** | **14.40 (91,4)** | **14.50 (99,1)** | **14.35 (99,1)** | **14.35(1,067)** |
| **400M ENGEL** | **-** | **57.00 (0,838)** | **56.50(0,838)** | **56.00 (0,838)** | **55.20 (91.4)** | **54.50 (91.4)** | **54.00 (91.4)** |
| **800M SALON** | **2.04.00** | **2.03.00** | **2.01.50** | **1.59.50** | **1.57.00** | **1.55.50** | **1.54.00** |
| **800M AÇIK** | **2.03.00** | **2.02.00** | **2.00.50** | **1.58.50** | **1.56.00** | **1.54.50** | **1.53.00** |
| **1500M SALON** | **4.12.50** | **4.09.50** | **4.06.50** | **4.03.50** | **4.00.00** | **3.57.00** | **3.54.00** |
| **1500M AÇIK** | **4.10.50** | **4.07.50** | **4.04.50** | **4.01.50** | **3.58.00** | **3.55.00** | **3.52.00** |
| **3000M SALON** | **-** | **--** | **8.51.50** | **8.46.50** | **8.40.50** | **8.34.50** | **8.29.50** |
| **3000M AÇIK** | **-** | **--** | **8.48.50** | **8.43.50** | **8.37.50** | **8.31.50** | **8.26.50** |
| **5000M** | **-** | **--** | **--** | **15.07.00** | **14.57.00** | **14.47.00** | **14.37.00** |
| **10.000M** | **-** | **-** | **-** | **-** | **31.15.00** | **30.55.00** | **30.35.00** |
| **2000M ENGEL** | **-** | **-** | **6.11.30** | **6.09.30** | **6.06.30** | **6.03.30** | **-** |
| **3000M ENGEL** | **-** | **--** | **--** | **9.26.30** | **9.23.30** | **9.20.30** | **9.17.30** |
| **YÜKSEK** | **1.80** | **1.85** | **1.90** | **1.95** | **2.00** | **2.04** | **2.08** |
| **SIRIK** | **3.90** | **4.00** | **4.10** | **4.30** | **4.50** | **4.70** | **4.90** |
| **UZUN**  | **6.10** | **6.30** | **6.50** | **6.70** | **6.90** | **7.10** | **7.30** |
| **ÜÇ ADIM** | **13.00** | **13.30** | **13.60** | **13.90** | **14.20** | **14.50** | **14.80** |
| **GÜLLE**  | **14.50 (4kg)** | **15.00 (4kg)** | **15.50 (5kg)** | **16.00 (5kg)** | **16.00 (6kg)** | **16.50 (6kg)** | **15.50 (7.260gr)** |
| **DİSK**  | **48.00 (1000gr)** | **50.00 (1000gr)** | **49.50 (1500gr)** | **51.50 (1500gr)** | **51.00 (1750gr)** | **53.00 (1750gr)** | **51.00 (2kg)** |
| **CİRİT**  | **56.00 (600gr)** | **58.00 (600gr)** | **58.00 (700gr)** | **60.00 (700gr)** | **63.00 (800gr)** | **65.00 (800gr)** | **67.00 (800gr)** |
| **ÇEKİÇ**  | **58.50 (4kg)** | **60.00 (4kg)** | **59.00 (5kg)** | **60.50 (5kg)** | **61.00 (6kg)** | **63.00 (6kg)** | **61.00 (7.260gr)** |
| **DEKATLON** | **-** | **-** | **5100 PUAN** | **5300 PUAN** | **5500 PUAN** | **5700 PUAN** | **5900 PUAN** |
| **HEPTATLON** | **-** | **-** | **4000 PUAN** | **4100 PUAN** | **4200 PUAN** | **4300 PUAN** | **4400 PUAN** |
| **3 km Yürüyüş** | **14.05.00** | **13.55.00** | **13.45.00** | **13.35.00** |  |  | **-** |
| **5 km Yürüyüş** | **-** | **-** | **23.50.00** | **23.30.00** | **22.00.00** | **21.30.00** | **-** |
| **10km Yürüyüş** | **-** | **--** | **46.30.00** | **45.40.00** | **45.00.00** | **44.00.00** | **43.00.00** |
| **20km Yürüyüş** | **-** |  |  |  |  |  | **1.32.00** |