

ATHLETICS NEW ZEALAND HIGH PERFORMANCE (ANZ-HP)

Indicative performance level and progression guide to be considered for individual athlete support
(Able Bodied athletes)

Guiding principle for support	<p>To receive ANZ-HP individual athlete support, athletes must demonstrate they have the capability and potential to perform with distinction (podium potential) at senior pinnacle competitions at some stage throughout their career.</p> <p>Please note: The individual circumstances of athletes (such as stage of career) and other performance factors (such as physiological capacity and/or training environment, etc.) will be taken into account alongside these performance levels to help determine if an athlete is eligible for support from ANZ-HP and/or High Performance Sport New Zealand (HPSNZ). Athletes are eligible for support if they demonstrate evidence of being capable of a podium finish throughout their career.</p>
Notes/ Considerations:	<ol style="list-style-type: none"> The performance levels are set using senior event specifications and implements; and must be a valid performance in accordance with World Athletics Competition rules Athletes must demonstrate progression towards and ultimately beyond these performance levels Athletes must show an ability to perform at targeted major competitions and achieve repeatable (legal) performances Events over 10,000m (including walks) do not have a guiding performance level due to the many variables influencing these performances through an athlete's career. Support for athletes demonstrating potential to perform in these events will be discussed with athletes directly.

Women

Event	Age								
	18	19	20	21	22	23	24	25	26+
100m	11.6	11.45	11.37	11.3	11.23	11.17	11.16	11.15	11.15
200m	23.38	23.15	23	22.9	22.85	22.8	22.8	22.8	22.8
400m	54.06	53.6	53.25	52.85	52.5	51.9	51.45	51.35	51.35
800m	2:06.00	2:04.80	2:03.70	2:02.50	2:01.00	2:00.48	1:59.50	1:59.50	1:59.50
1500m	4:18.80	4:15.20	4:11.00	4:08.80	4:07.00	4:05.50	4:05.20	4:05.00	4:04.20
5000m			15:30.00	15:25.00	15:20.00	15:14.00	15:12.00	15:11.00	15:10.00
10000m				32:20.00	32:00.00	31:26.00	31:25.00	31:25.00	31:25.00
3000m SC	10:16.0	10:06.0	10:00.0	09:53.0	09:45.0	09:37.0	09:35.0	09:34.0	09:30.0
100m h	13.8	13.5	13.2	13.1	13	12.9	12.86	12.84	12.84
400m h	58.3	57.4	56.8	56.3	56	55.7	55.5	55.4	55.4
High Jump	1.87	1.88	1.9	1.91	1.92	1.94	1.95	1.95	1.96
Pole Vault	4.07	4.13	4.2	4.3	4.37	4.54	4.62	4.7	4.7
Long Jump	6.25	6.32	6.38	6.45	6.52	6.65	6.72	6.78	6.82
Triple Jump	13.1	13.35	13.65	13.9	14.1	14.25	14.3	14.32	14.32
Shot Put	15.8	16.5	17	17.65	17.9	18.15	18.35	18.5	18.5
Discus	57.5	59.5	60.5	61.5	62	63	63.5	63.5	63.5
Hammer	61	62	64	66	68.5	70.5	71.5	72	72.5
Javelin	54	55.5	57	58	59.5	61.5	63	63.5	64
Hepathlon	5600	5800	5950	6100	6200	6320	6400	6410	6420

Men

Event	Age								
	18	19	20	21	22	23	24	25	26+
100m	10.42	10.32	10.2	10.15	10.1	10.05	10.05	10.05	10.05
200m	21	20.82	20.65	20.54	20.4	20.24	20.24	20.24	20.24
400m	46.3	45.7	45.4	45.2	45.1	44.9	44.9	44.9	44.9
800m	1:47.80	1:47.00	1:46.30	1:45.80	1:45.50	1:45.20	1:45.20	1:45.20	1:45.20
1500m	3:43.00	3:41.50	3:39.60	3:37.30	3:36.00	3:35.00	3:35.00	3:35.00	3:35.00
5000m			13:20.00	13:17.00	13:15.00	13:13.50	13:13.50	13:13.50	13:13.50
10000m				27:48.00	27:35.00	27:28.00	27:28.00	27:28.00	27:28.00
3000m SC	8:35.00	8:32.00	8:30.00	8:27.00	8:26.00	8:24.00	8:23.00	8:23.00	8:22.00
110m h	13.9	13.8	13.7	13.58	13.45	13.35	13.32	13.32	13.32
400m h	52	51.4	50.7	50	49.5	49.15	48.9	48.9	48.9
High Jump	2.16	2.2	2.23	2.25	2.27	2.31	2.32	2.33	2.33
Pole Vault	5.3	5.4	5.47	5.55	5.65	5.77	5.8	5.8	5.8
Long Jump	7.68	7.78	7.9	8	8.1	8.18	8.22	8.22	8.22
Triple Jump	15.9	16.1	16.25	16.5	16.7	16.93	17.1	17.14	17.14
Shot Put	17.7	18.3	18.76	19.42	20	20.83	20.97	21.1	21.1
Discus	54	57	59.8	61.2	62	64.5	64.87	65.8	66
Hammer	63	66	68	71.5	73.5	76	77.1	77.3	77.5
Javelin	71.5	74.6	78	80	81.5	83.5	84.4	84.7	85
Decathlon	7000	7300	7600	7800	8000	8200	8300	8350	8350