

## The Welsh Athletics Performance Pathway Selection Policy

### Programme Purpose

1. *“The Welsh Athletics Performance Team strive to deliver a sustainable athlete pathway where decision making is based on evidence. The purpose of the Welsh Athletics Performance Pathway Selection Policy is to ensure Performance Athlete selection aligns with the Welsh Athletics Performance strategy. The Welsh Athletics performance vision is to deliver a sustainable sector leading elite performance system that consistently transfers talented athletes to UKA’s WCP whilst winning medals at Commonwealth Games. The policy aims to outline the performance evidence used to select athletes onto the performance pathway and clarify the process used for selection.”* **Chris Tye, Head of Performance.**

### Programme Structure

2. From December 1<sup>st</sup> 2023 the Performance Pathway will consist of 3 support tiers (Described in Appendix 1);
  - a) National Development
  - b) Transition
  - c) Performance
3. Full details of the support provided to athletes and coaches on each tier can be found in the Appendix 2 Programme Support Policy.
4. Athletes will be considered for selection every six months with successfully selected athletes remaining on the programme until the point where their personal performance determine deselection.
5. Para athletes will be integrated into the performance pathway at all levels.

### Eligibility for consideration for selection

6. To be eligible for consideration for selection, athletes must comply with the requirements below:
  - a) Eligibility Criteria: Meet the Eligibility Criteria, as set out in Appendix 3 – Eligibility Criteria.
  - b) Consideration Standard: Achieve a Consideration Standard as listed in Appendix 4 & 5 – Consideration Standards, between 00:00 (GMT) 1<sup>st</sup> January 2023 and 00:00 (GMT) November 7<sup>th</sup> 2023 (inclusive).
7. Athletes who achieve Requirements a) and b) will be eligible for consideration for selection (“Eligible Athletes”). Other athletes will only be eligible for consideration in the following cases; they were part of the 2022-2023 Performance Programmes, are transitioning to another event (as agreed with the Head of Performance) or if their performance profile demonstrates an ability to achieve the determined performance trajectory.
8. Eligible Athletes are not guaranteed Pathway Selection.

### Selection Meeting

9. The Selection meetings will take place on November 14<sup>th</sup> and 15<sup>th</sup> 2023.
10. The Selection Panel for the meeting shall comprise of:

- a) Voting members:
    - i. Head of Performance (Selection meeting chairperson)
    - ii. Pathway Lead & National Talent Development Co-ordinator Speed
    - iii. National Talent Development Co-ordinator Throws
    - iv. National Talent Development Co-ordinator Endurance
    - v. Jumps & Combined Events Consultant
    - vi. Para Athletics Co-ordinator.
  - b. The following non- voting persons shall attend the selection meeting, unless they are unable due to unforeseen circumstances:
    - i. Independent observer
    - ii. Note-takers.
  - c. The following non-voting persons will be invited to attend the selection meeting when appropriate to provided evidence on an individual athlete basis:
    - i. Sports science practitioners.
11. In the event of an actual, potential, or possible conflict relating to any selector, the actual, potential or possible conflict shall be reported to the Chairperson of the selection meeting who shall determine whether the selector in question should be permitted to take part in relation to any selection decision(s). The Chairperson may appoint an alternative selector if necessary.
  12. Voting of the Selection Panel shall be by simple majority. The Head of Performance shall have a casting vote, if required. If the Head of Performance is unable to vote due to a conflict, the Pathway Lead shall have a casting vote, if required.
  13. The Selection Panel may make any selection subject to the athlete completing a performance requirement or test set by the Selection Panel.
  14. The head of performance reserves the right to use their discretion during the selection process for the benefit of Welsh Athletics pathway.

### **Selection Process**

15. There is no automatic selection for the Performance Pathway. All eligible athletes will be discussed by the selection panel.
16. In coming to its decision, the panel will consider the following criteria (in no priority order):
  - a. Athlete Profile (Physical, Technical and Behavioural)
  - b. Career trajectory in relation to the Welsh Athletics Performance Vision
  - c. Previous Performance History
  - d. Athlete and Coach Engagement.
17. The Athlete and Coach pair will be notified of selection on November 17<sup>th</sup> 2023.
18. Athletes selected onto the pathway will be required to sign the athlete agreement. The athletes coach will also be required to sign the athlete's agreement to enable the athletes inclusion in the Welsh Athletics Performance Pathway.
19. Unsuccessful athletes that attended a screening day will be notified in writing prior to the formal announcement of successful athletes selected onto the performance pathway.
20. Athletes career trajectories will be considered in conjunction with the Commonwealth Games medal winning consideration standards in Appendix 5.

21. Para athlete selection will be aligned to the process set out in 16 with consideration to the percentage of Tokyo Paralympic standards document in Appendix 4.

### **Appeals Process**

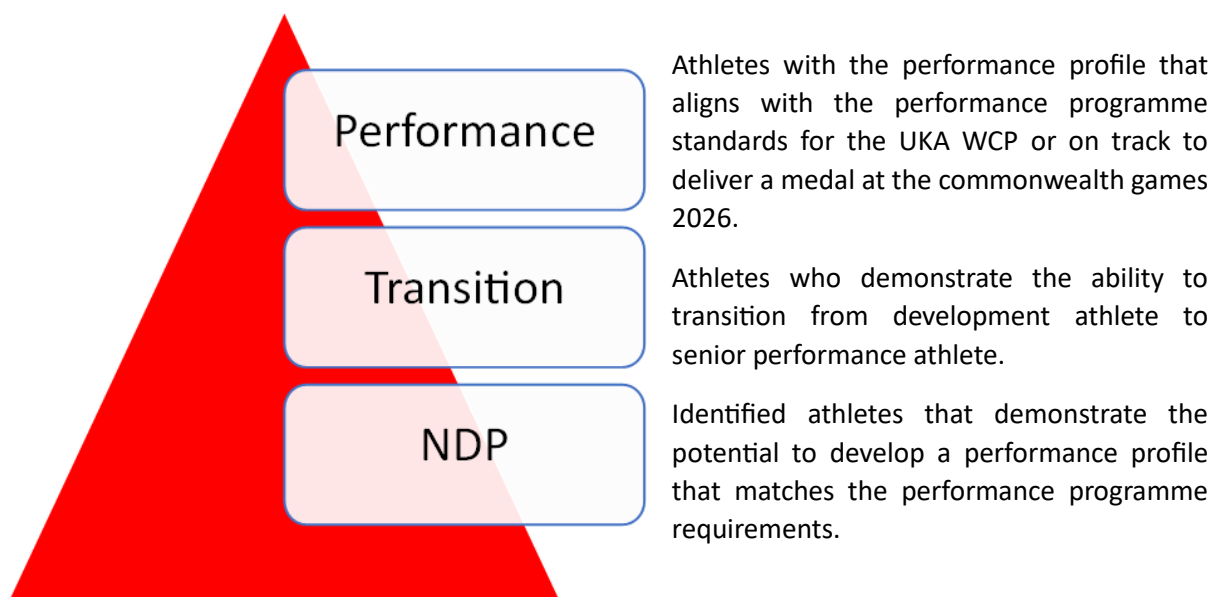
22. All appeals must be submitted via email to Head of Performance Chris Type by November 20<sup>th</sup> 2023. Appeals can be made on the following grounds:
  - a. Process - the selection process as outline in this policy has not been followed.

### **Amendments**

23. Welsh Athletics reserves the right to amend this Selection Policy at any time in its sole discretion and will make any amended version publicly available (including the date on which any amendment was made) at <https://www.welshathletics.org>

## Appendix 1: Pathway Structure

The below diagram outlines the progressive performance pathway that visualises the hierarchy of the performance programmes. Each programme is progressive by design and the level of bespoke performance support offered to each selected athlete increases as the athlete progresses up the pathway. The focus of each programme is described alongside each level of the pathway.



### **Athlete profiling:**

Each athlete that resides within each level of the performance pathway will engage in athlete profiling across three event specific models: Physical preparation, Technical and Behavioural. These areas are the foundation of athlete development, and their consideration is vital in athlete understanding and performance planning. Each model is described below.

### **Physical preparation:**

Each event specific component is to be measured and monitored aligned to a clear understanding of what it takes to deliver a performance on a physical and physiological level. Example areas of consideration are speed, strength and physiology markers but limited to only these.

### **Technical:**

The measurement of event specific technical components monitored in a biomechanical approach. The focus of the profile will be to inform technical changes to optimise energy transfer. Example areas may include optimum joint angles of sprint starting, maximising release speed of a discuss or optimising energy transfer on foot contact of endurance running.

### **Behavioural:**

The subjective monitoring of athlete behaviours aligned to the behavioural requirements of elite performance athletes. Examples will include, time management, decision making, nutritional and lifestyle choices.

## **Appendix 2: Programme Support Policy**

### **Welsh Athletics Programme Support Offer**

#### **Purpose:**

The purpose of this document is to clearly define what support each athlete can access across varying levels of the performance pathway. Each level of the programme has a clearly defined strategic intent with varying support packages agreed through the Individual Athlete Planning (IAP) process. The progressive approach to creating high levels of specificity of support higher up the performance pathway is a key function of this approach. The performance services identified in this document will be delivered in Cardiff at the National Indoor Athletic Centre.

#### **Welsh Athletics Performance Programme**

- Bespoke programme cost – Communicated on selection
- Access to physiotherapy assessment, treatment and rehabilitation as required/necessary with Welsh Athletics' physiotherapy team
- Access to soft tissue therapy (1 x session per week) with Welsh Athletics' soft tissue therapist
- Access to medical support for diagnosis and injury/illness management as required/necessary (Inclusion of anything specific re: diagnostic imaging)
- Access to injury prevention screening (DXA/Bloods) as deemed appropriate by Head of Performance
- Performance Psychology
- S&C Support
- Biomechanical support
- IAP support through NTDC

#### **Welsh Athletics Transition Programme**

- Bespoke programme cost – Communicated on selection
- Mandatory inclusion Welsh Athletics performance training camp
- Access to physiotherapy assessment, treatment and rehabilitation as required/necessary with Welsh Athletics' physiotherapy team
- Access to soft tissue therapy (1 x session per fortnight) with Welsh Athletics' soft tissue therapist
- Access to medical support for diagnosis and injury/illness management as required/necessary (Inclusion of anything specific re: diagnostic imaging)
- Performance Psychology
- S&C Support
- Biomechanical support
- Welsh Athletics organised performance camp support
- IAP support through NTDC

### **Welsh Athletics National Development Programme**

- Mandatory National Development activity access for Athlete and Coach (Preauthorised absences can be granted at the Head of Performances discretion)
- Athlete education programme access
- Event specific development camps
- Event specific competition opportunity
- Invitation to Welsh Athletics performance training camps
- Performance monitoring
- IAP support through NTDC

The Head of Performance retains the right to use their discretion when performance services outside of the above programmes are requested by athletes.

### **Appendix 3: Eligibility Criteria**

- a. Be eligible to compete for Wales through the following criteria;
  - I. Birth
  - II. Grand Parentage
  - III. Retention
  - IV. Residence (minimum 3 years)

If an athlete has started or is considering starting the eligibility process, this must be complete before they can be considered for the Performance Programme.

- b. Be 14 years or older as of 1st January 2024;
- c. Hold a current national or international classification (Para Athletes);
- d. Not currently serving a period of ineligibility or a provisional or permanent suspension for a doping violation or for any other reason of misconduct;
- e. Meet the standards and behaviour expected by Welsh Athletics, as published from time to time, including in the Athletes Code of Conduct;
- f. Be registered as a member of Welsh Athletics, directly or through a club;
- g. Sign the Welsh Athletics Performance Programme Athlete Agreement and abide by its terms and conditions. Any athlete failing to do so prior to the communicated deadline will result in their selection being withdrawn.

## Appendix 4: Para Consideration Standards

### Women

Event	Eligible Sport Classes	Tokyo Bronze	12%	15%	18%	21%	24%	27%	29%
100m T11	T11	12.37	13.85s	14.23	14.60	14.97	15.34	15.71	15.96
100m T12	T12	12.51	14.01s	14.39	14.76	15.14	15.51	15.89	16.14
100m T13	T13	12.08	13.53s	13.89	14.25	14.62	14.98	15.34	15.58
100m T34	T33,T34	18.68	20.92s	21.48	22.04	22.60	23.16	23.72	24.10
100m T35	T35	14.18	15.88s	16.31	16.73	17.16	17.58	18.01	18.29
100m T36	T36	14.62	16.37s	16.81	17.25	17.69	18.13	18.57	18.86
100m T37	T37	13.17	14.75s	15.15	15.54	15.94	16.33	16.73	16.99
100m T38	T38	12.77	14.30s	14.69	15.07	15.45	15.83	16.22	16.47
100m T47	T45,T46,T47	12.21	13.68s	14.04	14.41	14.77	15.14	15.51	15.75
100m T53	T53	16.53	18.51s	19.01	19.51	20.00	20.50	20.99	21.32
100m T54	T54	16.33	18.29s	18.78	19.27	19.76	20.25	20.74	21.07
100m T63	T42,T63	14.73	16.50s	16.94	17.38	17.82	18.27	18.71	19.00
100m T64	T44,T62,T64	13.07	14.64s	15.03	15.42	15.81	16.21	16.60	16.86
200m T11	T11	25.19	28.21	28.97	29.72	30.48	31.24	31.99	32.50
200m T12	T12	24.85	27.83	28.58	29.32	30.07	30.81	31.56	32.06
200m T35	T35	30.24	33.87	34.78	35.68	36.59	37.50	38.40	39.01
200m T36	T36	30.96	34.68	35.60	36.53	37.46	38.39	39.32	39.94
200m T37	T37	27.34	30.62	31.44	32.26	33.08	33.90	34.72	35.27
200m T47	T45,T46,T47	25.05	28.06	28.81	29.56	30.31	31.06	31.81	32.31
200m T64	T44,T64	26.8	30.02	30.82	31.62	32.43	33.23	34.04	34.57
400m T11	T11	57.46	01:04.36	01:06.08	01:07.80	01:09.53	01:11.25	01:12.97	01:14.12
400m T12	T12	57.06	01:03.91	01:05.62	01:07.33	01:09.04	01:10.75	01:12.47	01:13.61
400m T13	T13	56.79	01:03.60	01:05.31	01:07.01	01:08.72	01:10.42	01:12.12	01:13.26
400m T20	T20	57.43	01:04.32	01:06.04	01:07.77	01:09.49	01:11.21	01:12.94	01:14.08
400m T37	T37	60.04	01:07.24	01:09.05	01:10.85	01:12.65	01:14.45	01:16.25	01:17.45
400m T38	T38	60	01:07.20	01:09.00	01:10.80	01:12.60	01:14.40	01:16.20	01:17.40
400m T47	T45,T46,T47	57.59	01:04.50	01:06.23	01:07.96	01:09.68	01:11.41	01:13.14	01:14.29
400m T53	T53	57.29	01:04.16	01:05.88	01:07.60	01:09.32	01:11.04	01:12.76	01:13.90
400m T54	T54	54.1	01:00.59	01:02.22	01:03.84	01:05.46	01:07.08	01:08.71	01:09.79
800m T34	T33,T34	02:02	02:16.38	02:20.18	02:23.58	02:27.37	02:31.17	02:34.56	02:37.23
800m T53	T53	01:48	02:00.58	02:04.12	02:07.26	02:10.41	02:13.55	02:17.10	02:19.19
800m T54	T54	01:44	01:56.29	01:59.36	02:02.43	02:05.50	02:08.58	02:12.05	02:14.10
1500m T11	T11	04:46	05:20.19	05:28.54	05:37.29	05:46.04	05:54.38	06:03.13	06:08.56
1500m T13	T12,T13	04:32	05:04.38	05:12.48	05:20.58	05:29.07	05:37.17	05:45.26	05:50.53
1500m T20	T20	04:35	05:08.00	05:16.15	05:24.30	05:32.45	05:41.00	05:49.15	05:54.45
1500m T54	T53,T54	03:28	03:52.58	03:59.12	04:05.26	04:11.41	04:17.55	04:24.10	04:28.19
5000m T54	T53,T54	11:15	12:36.00	12:56.15	13:16.30	13:36.45	13:57.00	14:17.15	14:30.45
Marathon T12	T11,T12	03:11:13	03:34:10	03:39:54	03:45:38	03:51:22	03:57:07	04:02:51	04:06:40
Marathon T54	T52,T53,T54	01:38:16	01:50:04	01:53:00	01:55:57	01:58:54	02:01:51	02:04:48	02:06:46
Long Jump T11	T11	4.86	4.28	4.13	3.99	3.84	3.69	3.55	3.45
Long Jump T12	T12	5.33	4.69	4.53	4.37	4.21	4.05	3.89	3.78
Long Jump T20	T20	5.46	4.80	4.64	4.48	4.31	4.15	3.99	3.88
Long Jump T37	T37	4.56	4.01	3.88	3.74	3.60	3.47	3.33	3.24
Long Jump T38	T38	4.91	4.32	4.17	4.03	3.88	3.73	3.58	3.49
Long Jump T47	T45,T46,T47	5.63	4.95	4.79	4.62	4.45	4.28	4.11	4.00
Long Jump T63	T42,T61,T63	5.01	4.41	4.26	4.11	3.96	3.81	3.66	3.56
Long Jump T64	T44,T62,T64	5.78	5.09	4.91	4.74	4.57	4.39	4.22	4.10
Club Throw F32	F31,F32	23.29	20.50	19.80	19.10	18.40	17.70	17.00	16.54
Discus Throw F11	F11 (1KG)	36.11	31.78	30.69	29.61	28.53	27.44	26.36	25.64
Discus Throw F38	F37,F38 (1KG)	33.73	29.68	28.67	27.66	26.65	25.63	24.62	23.95
Discus Throw F41	F40,F41 (750g)	29.30	25.78	24.91	24.03	23.15	22.27	21.39	20.80
Discus Throw F53	F51,F52,F53 (1KG)	14.37	12.65	12.21	11.78	11.35	10.92	10.49	10.20
Discus Throw F55	F54,F55 (1KG)	24.11	21.22	20.49	19.77	19.05	18.32	17.60	17.12
Discus Throw F57	F56,F57 (1KG)	30.49	26.83	25.92	25.00	24.09	23.17	22.26	21.65
Discus Throw F64	F43,F44,F62,F64 (1KG)	37.85	33.31	32.17	31.04	29.90	28.77	27.63	26.87
Javelin F13	F12,F13 (600g)	38.99	34.31	33.14	31.97	30.80	29.63	28.46	27.68
Javelin F34	F33,F34 (600g)	17.47	15.37	14.85	14.33	13.80	13.28	12.75	12.40
Javelin F46	F45,F46 (600g)	39.73	34.96	33.77	32.58	31.39	30.19	29.00	28.21
Javelin F54	F53,F54 (600g)	17.83	15.69	15.16	14.62	14.09	13.55	13.02	12.66
Javelin F56	F55,F56 (600g)	24.22	21.31	20.59	19.86	19.13	18.41	17.68	17.20
Shot Put F12	F11,F12 (4KG)	13.72	12.07	11.66	11.25	10.84	10.43	10.02	9.74
Shot Put F20	F20 (4KG)	14.06	12.37	11.95	11.53	11.11	10.69	10.26	9.98
Shot Put F32	F32 (2KG)	6.80	5.98	5.78	5.58	5.37	5.17	4.96	4.83
Shot Put F33	F33 (3KG)	6.63	5.83	5.64	5.44	5.24	5.04	4.84	4.71
Shot Put F34	F34 (3KG)	8.21	7.22	6.98	6.73	6.49	6.24	5.99	5.83
Shot Put F35	F35 (3KG)	8.60	7.57	7.31	7.05	6.79	6.54	6.28	6.11
Shot Put F37	F37 (3KG)	13.33	11.73	11.33	10.93	10.53	10.13	9.73	9.46
Shot Put F40	F40 (3KG)	8.29	7.30	7.05	6.80	6.55	6.30	6.05	5.89
Shot Put F41	F41 (3KG)	9.50	8.36	8.08	7.79	7.51	7.22	6.94	6.75
Shot Put F46	F45,F46 (4KG)	11.42	10.05	9.71	9.36	9.02	8.68	8.34	8.11
Shot Put F54	F54 (3KG)	7.77	6.84	6.60	6.37	6.14	5.91	5.67	5.52
Shot Put F57	F56,F57 (3KG)	10.40	9.15	8.84	8.53	8.22	7.90	7.59	7.38
Shot Put F64	F42,F43,F44,F62,F63,F64 (4KG)	10.83	9.53	9.21	8.88	8.56	8.23	7.91	7.69



**Men**

Event	Eligible Sport Classes	Tokyo	12%	15%	18%	21%	24%	27%	29%
100m T11	T11	11.03	12.35	12.68	13.02	13.35	13.68	14.01	14.23
100m T12	T12	10.88	12.19	12.51	12.84	13.16	13.49	13.82	14.04
100m T13	T13	10.64	11.92	12.24	12.56	12.87	13.19	13.51	13.73
100m T34	T33,T34	15.66	17.54	18.01	18.48	18.95	19.42	19.89	20.20
100m T35	T35	11.75	13.16	13.51	13.87	14.22	14.57	14.92	15.16
100m T36	T36	12.02	13.46	13.82	14.18	14.54	14.90	15.27	15.51
100m T37	T37	11.31	12.67	13.01	13.35	13.69	14.02	14.36	14.59
100m T38	T38	11	12.32	12.65	12.98	13.31	13.64	13.97	14.19
100m T44	T44	12.05	13.43	13.86	14.22	14.58	14.94	15.30	15.54
100m T47	T45,T46,T47	10.68	11.96	12.28	12.60	12.92	13.24	13.56	13.78
100m T51	T51	20.76	23.25	23.87	24.50	25.12	25.74	26.37	26.78
100m T52	T52	17.44	19.53	20.06	20.58	21.10	21.63	22.15	22.50
100m T53	T53	14.76	16.53	16.97	17.42	17.86	18.30	18.75	19.04
100m T54	T54	13.87	15.53	15.95	16.37	16.78	17.20	17.61	17.89
100m T63	T42,T63	12.22	13.69	14.05	14.42	14.79	15.15	15.52	15.76
100m T64	T62,T64	10.79	12.08	12.41	12.73	13.06	13.38	13.70	13.92
200m T35	T35	23.75	26.6	27.31	28.03	28.74	29.45	30.16	30.64
200m T37	T37	22.62	25.33	26.01	26.69	27.37	28.05	28.73	29.18
200m T51	T51	38.33	42.93	44.08	45.23	46.38	47.53	48.68	49.45
200m T64	T64	22.09	24.74	25.40	26.07	26.73	27.39	28.05	28.50
400m T11	T11	51.74	57.95	59.50	01:01.05	01:02.61	01:04.16	01:05.71	01:06.74
400m T12	T12	48.01	53.77	55.21	56.65	58.09	59.53	01:00.97	01:01.93
400m T13	T13	48.76	54.61	56.07	57.54	59.00	01:00.46	01:01.93	01:02.90
400m T20	T20	47.81	53.55	54.98	56.42	57.85	59.28	01:00.72	01:01.67
400m T36	T36	54.75	01:01.32	01:02.96	01:04.60	01:06.25	01:07.89	01:09.53	01:10.63
400m T37	T37	50.44	56.49	58.01	59.52	01:01.03	01:02.55	01:04.06	01:05.07
400m T38	T38	50.85	56.95	58.48	01:00.00	01:01.53	01:03.05	01:04.58	01:05.60
400m T47	T45,T46,T47	48.04	53.8	55.25	56.69	58.13	59.57	01:01.01	01:01.97
400m T52	T51,T52	59.95	01:07	01:08.94	01:10.74	01:12.54	01:14.34	01:16.14	01:17.34
400m T53	T53	49.41	55.34	56.82	58.30	59.79	01:01.27	01:02.75	01:03.74
400m T54	T54	46.2	51.74	53.13	54.52	55.90	57.29	58.67	59.60
400m T62	T62	48.61	54.44	55.90	57.36	58.82	01:00.28	01:01.73	01:02.71
800m T34	T33,T34	01:46	01:58.43	02:01.54	02:05.05	02:08.16	02:11.26	02:14.37	02:16.44
800m T53	T53	01:40	01:52.00	01:55.00	01:58.00	02:01.00	02:04.00	02:07.00	02:09.00
800m T54	T54	01:34	01:45.17	01:48.06	01:50.55	01:53.44	01:56.34	01:59.23	02:01.16
1500m T11	T11	04:06	04:35.31	04:42.54	04:50.17	04:57.40	05:05.02	05:12.25	05:17.20
1500m T13	T12,T13	03:55	04:23.12	04:30.15	04:37.18	04:44.21	04:51.24	04:58.27	05:03.09
1500m T20	T20	03:57	04:25.26	04:32.33	04:39.40	04:46.46	04:53.53	05:00.59	05:05.44
1500m T38	T37,T38	04:04	04:33.17	04:40.36	04:47.55	04:55.14	05:02.34	05:09.53	05:14.46
1500m T46	T45,T46	03:54	04:22.05	04:29.06	04:36.07	04:43.08	04:50.10	04:57.11	05:01.52
1500m T54	T53,T54	02:51	03:11.31	03:19.09	03:27.47	03:36.55	03:46.02	03:55.00	03:40.35
5000m T11	T11	15:24	17:11.31	17:39.09	18:06.47	18:34.25	19:02.02	19:29.40	19:48.05
5000m T13	T12,T13	14:37	16:22.14	16:48.33	17:14.52	17:41.10	18:07.29	18:33.47	18:51.20
5000m T54	T53,T54	10:30	11:45.36	12:04.30	12:23.24	12:42.18	13:01.12	13:20.06	13:32.42
Marathon T12	T11,T12	02:28:01	02:45:47	02:50:13	02:54:40	02:59:06	03:03:32	03:07:59	03:10:56
Marathon T54	T52,T53,T54	01:29:05	01:39:46	01:42:27	01:45:07	01:47:47	01:50:28	01:53:08	01:54:55
Long Jump T11	T11	6.15	5.41	5.23	5.04	4.86	4.67	4.49	4.37
Long Jump T12	T12	7.03	6.19	5.98	5.76	5.55	5.34	5.13	4.99
Long Jump T13	T13	6.93	6.10	5.89	5.68	5.47	5.27	5.06	4.92
Long Jump T20	T20	7.12	6.27	6.05	5.84	5.62	5.41	5.20	5.06
Long Jump T36	T36	5.63	4.95	4.79	4.62	4.45	4.28	4.11	4.00
Long Jump T37	T37	6.05	5.32	5.14	4.96	4.78	4.60	4.42	4.30
Long Jump T38	T38	6.78	5.97	5.76	5.56	5.36	5.15	4.95	4.81
Long Jump T47	T45,T46,T47	7.34	6.46	6.24	6.02	5.80	5.58	5.36	5.21
Long Jump T63	T42,T61,T63	7.07	6.22	6.01	5.80	5.59	5.37	5.16	5.02
Long Jump T64	T44,T62,T64	7.08	6.23	6.02	5.81	5.59	5.38	5.17	5.03
High Jump T47	T45,T46,T47	2.04	1.80	1.73	1.67	1.61	1.55	1.49	1.45
High Jump T63	T42,T63	1.83	1.61	1.56	1.50	1.45	1.39	1.34	1.30
High Jump T64	T44,T64	2.04	1.80	1.73	1.67	1.61	1.55	1.49	1.45
Club Throw F32	F31,F32	35.34	31.10	30.04	28.98	27.92	26.86	25.80	25.09
Club Throw F51	F51	30.66	26.98	26.06	25.14	24.22	23.30	22.38	21.77
Discus Throw F11	F11 (2KG)	39.52	34.78	33.59	32.41	31.22	30.04	28.85	28.06
Discus Throw F37	F37 (1KG)	51.86	45.64	44.08	42.53	40.97	39.41	37.86	36.82
Discus Throw F52	F51,F52 (1KG)	19.54	17.20	16.61	16.02	15.44	14.85	14.26	13.87
Discus Throw F56	F54,F55,F56 (1KG)	43.36	38.16	36.86	35.56	34.25	32.95	31.65	30.79
Discus Throw F64	F43,F44,F62,F64 (1.5KG)	53.56	47.13	45.53	43.92	42.31	40.71	39.10	38.03
Javelin F13	F12,F13 (800g)	61.13	53.79	51.96	50.13	48.29	46.46	44.62	43.40
Javelin F34	F33,F34 (600g)	37.11	32.66	31.54	30.43	29.32	28.20	27.09	26.35
Javelin F38	F38 (800g)	54.63	48.07	46.44	44.80	43.16	41.52	39.88	38.79
Javelin F41	F40,F41 (800g)	41.39	36.42	35.18	33.94	32.70	31.46	30.21	29.39
Javelin F46	F45,F46 (800g)	64.01	56.33	54.41	52.49	50.57	48.65	46.73	45.45
Javelin F54	F53,F54 (600g)	31.09	27.86	26.43	25.49	24.56	23.63	22.70	22.07
Javelin F57	F56,F57 (600g)	48.93	43.06	41.59	40.12	38.65	37.19	35.72	34.74
Javelin F64	F42,F43,F44,F61,F62,F63,F64	65.61	57.74	55.77	53.80	51.83	49.86	47.90	46.58
Shot Put F11	F11 (7.26KG)	13.60	11.97	11.56	11.15	10.74	10.34	9.93	9.66
Shot Put F12	F12 (7.26KG)	15.94	14.03	13.55	13.07	12.59	12.11	11.64	11.32
Shot Put F20	F20 (7.26KG)	15.93	14.02	13.54	13.06	12.58	12.11	11.63	11.31
Shot Put F32	F32 (2KG)	10.84	9.54	9.21	8.89	8.56	8.24	7.91	7.70
Shot Put F33	F33 (3KG)	11.25	9.90	9.56	9.23	8.89	8.55	8.21	7.99
Shot Put F34	F34 (4KG)	11.36	10.00	9.66	9.32	8.97	8.63	8.29	8.07
Shot Put F35	F35 (4KG)	15.41	13.56	13.10	12.64	12.17	11.71	11.25	10.94
Shot Put F36	F36 (4KG)	14.81	13.03	12.59	12.14	11.70	11.26	10.81	10.52
Shot Put F37	F37 (5KG)	14.45	12.72	12.28	11.85	11.42	10.98	10.55	10.26
Shot Put F40	F40 (4KG)	10.76	9.47	9.15	8.82	8.50	8.18	7.85	7.64
Shot Put F41	F41 (4KG)	13.30	11.70	11.31	10.91	10.51	10.11	9.71	9.44
Shot Put F46	F45,F46 (6KG)	15.90	13.99	13.52	13.04	12.56	12.08	11.61	11.29
Shot Put F53	F53 (3KG)	8.25	7.26	7.01	6.77	6.52	6.27	6.02	5.86
Shot Put F55	F54,F55 (4KG)	12.15	10.69	10.33	9.96	9.60	9.23	8.87	8.63
Shot Put F57	F56,F57 (4KG)	14.77	13.00	12.55	12.11	11.67	11.23	10.78	10.49
Shot Put F63	F42,F61,F63 (6KG)	14.13	12.43	12.01	11.59	11.16	10.74	10.31	10.03

Consideration standards for para athletes have been based on the Tokyo Bronze medallists. The consideration tables will be used to establish the age and performance stage athletes are in relation to the Welsh Athletics Performance vision.

## Appendix 5: Consideration Standards

### Women

	NDP										Transition & Performance							WCP Minimum
											Target 2030				Target 2026			
	U15	U17		U20			U23			Senior	-7	-6	-5	-4	-3	-2	-1	
100m	12.3	12.2	12.1	12.0	11.8	11.6					11.4	11.23	11.21	11.19	11.12	11.06	10.93	11.04
200m	25.3	25.0	24.7	24.6	24.2	23.6					23	22.77	22.53	22.3	22.25	22.19	21.78	22.69
300m	41.0	40.6	40															
400m				56.6	55.6	54.6					53.51	52.07	51.82	51.58	51.33	50.72	50.11	50.7
75H	11.4																	
80H		11.8	11.5															
100H				14.6	14.1	13.61					13.11	13.02	12.92	12.89	12.85	12.73	12.61	12.92
300H		46.3	45.2															
400H				64.70	63.00	62.34					61.68	59.31	57.94	55.78	55.16	55.09	54.97	55.45
Shot	11.21	12.50	13.80	13.00	13.50	13.00	13.53	13.76			14.57	15.09	15.62	17.09	18.31	18.65	18.98	18.49
Discus	29.45	33.00	36.00	38.00	39.00	41.00	45.00				45.31	50.72	53.96	56.98	57.95	58	58.05	63.28
Hammer	38.95	47.00	51.00	40.00	45.00	50.00					56.2	59.73	63.42	65.61	70.2	71.25	72.29	69.73
Javelin	35.15	39.00	41.00	40.00	43.00	46.00	49.00	54.00			53.17	55.88	58.12	60.36	60.89	61.42	62.37	61.89
800m	2.15	2.13	2.12	2.10	2.10	2.08					2.1	2.08	2.06	2.04	2.03	2.03	1.59	2
1500m	4.39	4.36	4.33	4.29	4.28	4.25					4.27	4.24	4.21	4.18	4.16	4.13	4.07	4.05
3000m	10.28	10.16	10.03	9.52	9.48	9.37												
5000m				17.06	16.59	16.41					16.09	15.54	15.39	15.24	15.37	15.36	15.12	14.58
10000m							34.36	34.13	33.53	33.04	32.57	32.46	32.35	31.55	31.16	31.07	30.58	31.37
Marathon											2.32.59	2.32.32	2.32.05	2.31.38	2.31.10	2.31.48	2.30.25	2.26.29
1500m SC		5.11	5.09															
2000m SC				7.16	6.59	10.47												
3000m SC							10.30				10.46	10.19	9.59	9.53	9.38	9.3	9.19	9.28
3000m RW	15.25	15.10	14.32															
5000m RW				25.15														
10,000m RW					51.15	49.33	48.23				47.53	47.22	46.5	46.18	45.59	44.58	44.24	
High Jump	1.58	1.6	1.64	1.67	1.7	1.72					1.75	1.77	1.8	1.81	1.86	1.87	1.89	1.93
Long Jump	5.13	5.4	5.65	5.89	5.95	6.02					6.08	6.11	6.15	6.39	6.63	6.71	6.81	6.69
Triple Jump	10.26	11.1	11.65	12.19	12.45	12.72					12.98	13.31	13.64	14.15	14.17	14.2	14.22	14.14
Pole Vault	2.85	3.3	3.33	3.45	3.55	3.65					3.75	4	4.05	4.2	4.35	4.5	4.51	4.5
Pentathlon	2850																	
Heptathlon		4370	4465	4560	4720	4879					5039	5241	5442	5660	5788	5916	6044	6058
20km RW							1.49.12	1.47.50	1.43.52	1.38.29	1.34.02	*Not contested at CWG but in WCP						1.32.43

**Men**

	NDP										Transition & Performance						WCP Minimum	
											2030 Target			2026 Target				
	U15	U17		U20			U23			Senior	-7	-6	-5	-4	-3	-2		-1
100m	11.3	11.0	10.9	10.7	10.6	10.52					10.83	10.7	10.57	10.52	10.47	10.32	10.15	10.06
200m	23.2	22.3	22	21.7	21.5	21.36					21.72	21.27	20.82	20.58	20.48	20.37	20.27	20.26
300m	37.0																	
400m		50.5	49.9	48.5	48.2	47.64					48.36	47.64	46.92	46.05	46	45.94	45.89	44.87
80H	11.6																	
110H		13.8	13.5	14.8	14.3	13.8					13.62	13.51	13.45	13.38	13.31	13.28	13.25	13.42
400H		58.9	57.0	56.1	55.0	53.9					52.86	52.46	52.06	50.11	50.07	49.66	49.55	49.17
Shot	13.50	15.25	15.75	15.50	16.25	17.00	17.75				18.54	19.59	19.86	20.12	20.39	20.65	21.28	20.76
Discus	38.00	42.50	45.00	43.00	45.00	47.00	52.50	55.00			62.58	63.42	64.05	64.67	64.91	65.15	65.87	64.08
Hammer	40.85	45.00	46.25	46.00	53.00	60.00	62.50	65.00			70.08	70.08	71.88	72.42	72.96	73.5	74.05	76.49
Javelin	50.00	51.50	56.50	59.50	62.50	65.50	65.50	67.50			70.46	78.33	79.54	80.75	86.29	86.34	86.38	82.45
800m	2.02	1.58	1.55	1.54	1.51	1.49					1.59	1.54	1.51	1.49	1.46	1.46	1.45	1.45
1500m	4.15	4.05	3.58	3.56	3.50	3.47					3.52	3.46	3.43	3.37	3.37	3.34	3.33	3.36
3000m	9.25	9.03	8.46	8.38	8.24	8.19												
5000m				15.00	14.37	14.25	14.15	13.56	13.46		13.36	13.29	13.22	13.19	13.15	13.11	13.1	13.05
10000m							29.57	29.36	29.21		29.32	29.2	29.09	28.48	28.28	28.08	27.48	27.4
Marathon									2.17.08		2.13.39	2.12.59	2.12.19	2.11.39	2.10.59	2.10.38	2.10.18	2.10.30
1500m SC		4.37	4.31															
2000m SC				6.10	5.55													
3000m SC						9.20	9.17	9.02	8.50		8.46	8.43	8.39	8.29	8.28	8.24	8.2	8.25
3000m RW	14.21	13.42	13.17															
5000m RW				21.31														
10,000m RW					43.32	42.42	42.08				41.34	41.19	41.04	40.49	40.21	39.52	39.17	
High Jump	1.69	1.86	1.93	2	2.05	2.09					2.14	2.15	2.17	2.25	2.27	2.27	2.28	2.27
Long Jump	5.8	6.5	6.75	7	7.15	7.3					7.45	7.52	7.72	7.8	7.87	7.95	8.03	8.18
Triple Jump	11.87	13.2	13.7	14.2	14.79	15.37					15.96	16.07	16.18	16.28	16.43	16.52	16.62	17.06
Pole Vault	3.3	4.2	4.35	4.5	4.8	5.1					5.4	5.4	5.4	5.4	5.55	5.8	5.8	5.65
Pentathlon	2517																	
Octathlon		4500	4800															
Decathlon				6080	6347	6614					6881	7116	7717	7809	7901	8175	8336	8206
20km RW							1.32.45	1.28.17	1.26.14	1.24.58	1.23.34	*Not contested at CWG but in WCP (>1.21.30)						

Consideration standards for NDP have been based on event specific criteria e.g. UK ranking lists. Consideration standards for transition and performance have been based on the career trajectories for the 2022 CWG Medallists. The consideration tables will be used to establish the age and performance stage athletes are in relation to the Welsh Athletics Performance vision.