



## NORMY KLASYFIKACYJNE PZLA

Podane normy zawodnicy mogą zdobywać na zawodach kalendarzowych PZLA, zawodach z kalendarzy EA lub/i WA oraz na innych zawodach zagranicznych zgodnie z przyznaną klasą imprezy przez PZLA, posiadając ważną licencję PZLA.

Zasada przyznawania norm klasyfikacyjnych:

- klasa mistrzowska międzynarodowa i niższe na zawodach kalendarzowych MM oraz na zawodach z kalendarzy EA lub/i WA MM (weryfikacja PZLA),
- klasa pierwsza i niższe na zawodach kalendarzowych PZLA oraz na innych zawodach zagranicznych zgodnie z przyznaną klasą imprezy przez PZLA (weryfikacja PZLA),
- Klasę V\*\* przyznawana jest dla zawodników U16 i młodszych, a klasa IV\* dla U20 i młodszych.

W biegach ulicznych do przyznania normy klasyfikacyjnej brany pod uwagę będzie czas brutto.

### KOBIETY:

| Konkurencja        | MM                                          | M        | I          | II         | III        | IV*      | V**     |
|--------------------|---------------------------------------------|----------|------------|------------|------------|----------|---------|
| 100 m              | 11.40                                       | 11.85    | 12.15      | 12.75      | 13.20      | 13.80    | 14.50   |
| 200 m              | 23.20                                       | 24.00    | 24.90      | 26.25      | 27.30      | 28.50    | 30.25   |
| 300 m              | U16                                         |          |            | 43.00      | 45.00      | 46.50    | 48.50   |
| 400 m              | 52.35                                       | 54.50    | 56.50      | 59.00      | 62.00      | 64.50    | 67.00   |
| 600 m              | U16                                         |          |            | 1:39.00    | 1:43.00    | 1:46.00  | 1:50.00 |
| 800 m              | 2:01.30                                     | 2:04.00  | 2:10.50    | 2:17.50    | 2:25.00    | 2:32.00  | 2:36.00 |
| 1000 m             | U16                                         |          |            | 3:02.50    | 3:12.50    | 3:22.50  | 3:32.50 |
| 1500 m             | 4:08.00                                     | 4:18.00  | 4:32.00    | 4:44.00    | 4:57.50    | 5:10.00  | 5:30.00 |
| 2000 m             | U16                                         |          |            | 7:00.00    | 7:15.00    | 7:35.00  | 8:00.00 |
| 3000 m             |                                             |          | 9:55.00    | 10:25.00   | 11:05.00   | 11:40.00 |         |
| 5000 m / 5 km      | 15:24.00                                    | 16:05.00 | 17:15.00   | 18:15.00   | 19:30.00   | 21:00.00 |         |
| 10000 m / 10 km    | 32:20.00                                    | 33:40.00 | 37:45.00   | 40:00.00   | 44:00.00   | 48:00.00 |         |
| Półmaraton         | 1:11:30                                     | 1:14:00  | 1:24:00    | 1:28:30    | 1:31:00    |          |         |
| Maraton            | 2:32:00                                     | 2:37:00  | 2:57:00    | 3:10:00    | 3:35:00    |          |         |
| 100 km             | 8:10:00                                     | 8:25:00  | 8:50:00    | 9:10:00    | 9:30:00    |          |         |
| 24 h               | 210km                                       | 195km    | 180km      | 165km      | 150km      |          |         |
| Chód 3000 m / 3 km | U16                                         |          |            | 16:00      | 17:30      | 19:00    | 20:30   |
| Chód 5000 m / 5 km | U20                                         |          | 24:45.00-b | 27:00.00-b | 31:00.00-b | 33:30    |         |
| Chód 10 km         | 45:00                                       | 47:30    | 52:00      | 53:30      | 57:00      |          |         |
| Chód 20 km         | 1:38:00                                     | 1:41:00  | 1:45:00    | 1:51:00    | 1:55:00    |          |         |
| Chód 35 km         | 2:53:00                                     | 2:58:00  | 3:16:00    | 3:24:00    | 3:31:00    |          |         |
| Chód 50 km         | 4:30:00                                     | 4:40:00  | 4:55:00    | 5:10:00    | 5:30:00    |          |         |
| 100 m pł           | 13.20                                       | 13.60    | 14.50      | 15.75      | 16.90      | 17.75    |         |
| 100m pł            | U18 (76,2)                                  |          | 14.50      | 15.75      | 16.90      | 17.75    | 18.50   |
| 80 m pł            | U16 (76,2/8,20)                             |          |            | 12.40      | 13.00      | 13.80    | 14.80   |
| 200 m pł           | U16 (uzyskany w 2020 ważność do 31.12.2021) |          |            | 31.50      | 32.50      | 34.00    | 36.00   |
| 300 m pł           | U16                                         |          |            | 47.00      | 49.50      | 52.00    | 55.00   |
| 400 m pł           | 56.50                                       | 59.50    | 62.50      | 66.00      | 69.00      | 73.00    |         |
| 1000 m prz.        | U16                                         |          |            | 3:16.50    | 3:26.50    | 3:36.50  | 3:46.50 |
| 1500 m prz.        | U18                                         |          | 5:00.00    | 5:15.00    | 5:35.00    | 6:00.00  |         |
| 2000 m prz.        | U20                                         |          | 7:00.00    | 7:30.00    | 8:10.00    | 9:00.00  |         |
| 3000 m prz.        | 9:50.00                                     | 10:15.00 | 11:20.00   | 11:50.00   | 12:40.00   | 13:40.00 |         |
| Wzwyż              | 1.91                                        | 1.82     | 1.70       | 1.62       | 1.55       | 1.45     | 1.40    |
| Tyczka             | 4.40                                        | 4.10     | 3.30       | 3.00       | 2.70       | 2.40     | 2.00    |
| W dal              | 6.60                                        | 6.20     | 5.80       | 5.40       | 5.10       | 4.80     | 4.50    |
| Wieloskok          | U16                                         |          |            | 10.80      | 10.40      | 10.00    | 9.60    |
| Trójskok           | 13.85                                       | 13.30    | 12.00      | 11.50      | 10.75      | 10.20    | 9.70    |
| Kula               | 17.20                                       | 16.00    | 12.50      | 11.75      | 10.00      | 9.00     | 8.00    |
| Kula (3.00)        | U18                                         |          | 14.00      | 13.00      | 11.00      | 9.80     | 8.70    |
| Dysk (0.75)        | U16                                         |          |            | 38.00      | 33.00      | 28.00    | 24.00   |
| Dysk               | 59.00                                       | 55.00    | 43.00      | 37.00      | 32.00      | 27.00    | 23.00   |
| Młot (4.00)        | 69.00                                       | 64.00    | 48.00      | 43.00      | 37.00      | 32.00    | 25.00   |
| Młot (3.00)        | U18                                         |          | 53.00      | 47.50      | 41.00      | 35.00    | 27.00   |
| Oszczep            | 58.00                                       | 53.00    | 44.00      | 39.50      | 34.50      | 30.00    | 26.50   |
| Oszczep (500g)     | U18                                         |          | 47.00      | 42.30      | 37.00      | 32.00    | 28.00   |
| 5-bój (U16)        | U16                                         |          |            | 2.950      | 2.600      | 2.300    | 2.000   |
| 7-bój              | 5.800e                                      | 5.200e   | 4.500e     | 4.200      | 3.600      | 3.000    |         |

|           |     |       |       |       |       |       |
|-----------|-----|-------|-------|-------|-------|-------|
| 7-bój U18 | U18 | 4.580 | 4.250 | 3.625 | 3.200 | 3.000 |
|-----------|-----|-------|-------|-------|-------|-------|

## MĘŻCZYŹNI:

| Konkurencja        | MM                                          | M        | I        | II       | III      | IV*      | V**     |
|--------------------|---------------------------------------------|----------|----------|----------|----------|----------|---------|
| 100 m              | 10.25                                       | 10.65    | 10.90    | 11.30    | 11.75    | 12.20    | 12.75   |
| 200 m              | 20.75                                       | 21.45    | 21.90    | 22.80    | 23.60    | 24.40    | 25.60   |
| 300 m              | U16                                         |          |          | 37.50    | 39.00    | 40.50    | 42.50   |
| 400 m              | 45.95                                       | 47.20    | 48.50    | 50.50    | 52.75    | 54.75    | 57.00   |
| 600 m              | U16                                         |          |          | 1:28.00  | 1:32.00  | 1:35.00  | 1:40.00 |
| 800 m              | 1:47.00                                     | 1:48.50  | 1:51.80  | 1:57.00  | 2:02.00  | 2:07.50  | 2:12.00 |
| 1000 m             | U16                                         |          |          | 2:38.00  | 2:43.00  | 2:50.00  | 3:00.00 |
| 1500 m             | 3:39.00                                     | 3:42.00  | 3:49.00  | 4:02.00  | 4:12.00  | 4:22.00  | 4:35.00 |
| 2000 m             | U16                                         |          |          | 6:00.00  | 6:10.00  | 6:20.00  | 6:40.00 |
| 3000 m             |                                             |          | 8:18.00  | 8:45.00  | 9:15.00  | 10:10.00 |         |
| 5000 m / 5 km      | 13:28.00                                    | 13:50.00 | 14:25.00 | 15:15.00 | 16:20.00 | 17:30.00 |         |
| 10000 m / 10 km    | 28:10.00                                    | 28:55.00 | 30:25.00 | 33:00.00 | 34:30.00 | 36:30.00 |         |
| Półmaraton         | 1:01:45                                     | 1:03:30  | 1:07:50  | 1:11:00  | 1:17:00  |          |         |
| Maraton            | 2:10:30                                     | 2:13:30  | 2:23:00  | 2:34:00  | 2:50:00  |          |         |
| 100 km             | 6:50:00                                     | 7:05:00  | 8:00:00  | 8:30:00  | 9:00:00  |          |         |
| 24 h               | 235km                                       | 215km    | 205km    | 185km    | 170km    |          |         |
| 110 m pł           | 13.70                                       | 14.10    | 15.00    | 15.75    | 16.70    | 17.50    |         |
| 110 m pł           | U20 (99 cm)                                 |          | 14.50    | 15.70    | 16.50    | 17.50    |         |
| 110 m pł           | U18 (91,4 cm)                               |          | 14.15    | 15.00    | 15.75    | 16.50    |         |
| 110 m pł           | U16 (91,4 cm)                               |          |          | 15.75    | 17.00    | 17.75    | 18.50   |
| 200 m pł           | U16 (uzyskany w 2019 ważność do 31.12.2020) |          |          | 27.50    | 28.25    | 29.25    | 30.50   |
| 300 m pł           | U16                                         |          |          | 41.50    | 43.00    | 44.50    | 46.50   |
| 400 m pł           | 49.50                                       | 51.50    | 54.50    | 56.50    | 59.00    | 62.00    |         |
| 400 m pł           | U18 (84 cm)                                 |          | 53.50    | 56.00    | 58.50    | 61.00    | 63.50   |
| 1000 m prz         | U16                                         |          |          | 2:50.00  | 2:55.00  | 3:02.00  | 3:12.00 |
| 2000 m prz         | U20                                         |          | 6:00.00  | 6:10.00  | 6:27.50  | 6:50.00  |         |
| 3000 m prz         | 8:30.00                                     | 8:40.00  | 9:05.00  | 9:35.00  | 10:15.00 | 10:50.00 |         |
| Chód 5000 m / 5 km | U16                                         |          |          | 25:50    | 27:30    | 29:45    | 32:30   |
| Chód 10000 m/10 km | U20                                         |          | 45:00.00 | 48:00.00 | 51:30.00 | 57:00.00 |         |
| Chód 20 km         | 1:24:30                                     | 1:28:00  | 1:35:00  | 1:40:00  | 1:50:00  | 2:00:00  |         |
| Chód 35 km         | 2:32:00                                     | 2:38:00  | 2:55:00  | 3:03:00  | 3:10:00  |          |         |
| Chód 50 km         | 3:55:00                                     | 4:00:00  | 4:33:00  | 4:47:00  | 5:10:00  |          |         |
| Wzwyż              | 2.27                                        | 2.22     | 2.08     | 1.95     | 1.82     | 1.75     | 1.65    |
| Tyczka             | 5.55                                        | 5.20     | 4.50     | 4.00     | 3.60     | 3.20     | 2.80    |
| W dal              | 8.00                                        | 7.80     | 7.25     | 6.80     | 6.30     | 5.90     | 5.60    |
| Wieloskok          | U16                                         |          |          | 12.20    | 11.80    | 11.40    | 11.00   |
| Trójskok           | 16.80                                       | 16.20    | 14.80    | 14.40    | 13.20    | 12.60    | 12.00   |
| Kula               | 19.50                                       | 17.70    | 14.50    | 13.25    | 12.00    | 10.00    |         |
| Kula (6.00)        | U20                                         |          | 16.00    | 14.00    | 13.00    | 11.00    |         |
| Kula (5.00)        | U18                                         |          | 17.50    | 15.00    | 13.50    | 12.50    | 10.50   |
| Dysk               | 62.00                                       | 57.00    | 46.00    | 40.00    | 35.00    | 30.00    |         |
| Dysk (1.75)        | U20                                         |          | 50.00    | 44.00    | 38.00    | 32.00    |         |
| Dysk (1.50)        | U18                                         |          | 53.00    | 45.00    | 39.00    | 35.00    |         |
| Dysk (1.00)        | U16                                         |          |          | 46.00    | 41.00    | 35.50    | 31.00   |
| Młot               | 74.00                                       | 69.00    | 54.00    | 45.00    | 38.00    | 30.00    |         |
| Młot (6.00)        | U20                                         |          | 60.00    | 51.00    | 43.00    | 33.00    |         |
| Młot (5.00)        | U18                                         |          | 68.00    | 58.00    | 50.00    | 40.00    | 30.00   |
| Oszczep            | 77.80                                       | 74.00    | 62.00    | 55.00    | 47.00    | 39.00    |         |
| Oszczep (700)      | U18                                         |          | 65.00    | 57.00    | 50.00    | 45.00    |         |
| Oszczep (600)      | U16                                         |          |          | 57.00    | 48.00    | 42.00    | 37.00   |
| 10-bój             | 7.700e                                      | 7.000e   | 6.300e   | 5.900    | 5.000    | 4.200    |         |
| 10-bój (U20)       | U20                                         |          | 6.500    | 6.000    | 5.100    | 4.400    |         |
| 10-bój (U18)       | U18                                         |          | 6.600    | 6.200    | 5.200    | 4.500    |         |
| 5-bój (U16)        | U16                                         |          |          | 3 000    | 2.650    | 2.350    | 2.100   |

Warunki uzyskania norm klasyfikacyjnych w niestandardowych warunkach rywalizacji:

- nie będą uznawane klasy uzyskane we wspólnych biegach kobiet i mężczyzn (nie dotyczy biegów ulicznych).
- warunkiem uznania klas sportowych w konkurencjach technicznych, rozegranych wspólnie dla kobiet i mężczyzn, jest udział w konkursie minimum 2 kobiet i 2 mężczyzn.