



Prime Target Tokyo 2020 Squad



Selection Standards for inclusion in 2018

1. All other athletes must meet the senior selection criteria listed below in a recognised competition with open implements or hurdle heights where appropriate. The qualifying standard must be achieved from 1 January 2017 – 19th February 2018
2. Para-athletes from all Paralympic events are welcome to apply. Para-athletes will be ranked as a percentage of the World Record for their classification.
3. The Prime Target Tokyo 2020 Squad qualifying standards will be reviewed at the end of the 2018/19 season and will likely be tightened each season prior to the Tokyo 2020. All athletes must reapply for squad membership each season.
4. Athletes must be born in 2000 or older.
5. Spaces are limited to a maximum of 10 athletes.
6. Current NASS/WAIS athletes are not eligible for squad inclusion.

Event	Men	Women
100m	10.43	11.65
200m	21.11	23.87
400m	46.77	53.40
800m	1:49.50	2:04.54
1500m	3:45.17	4:15.77
5000m	13:51.30	16:06.45
10000m	29:05.48	34:04.08
Half Marathon	1:07.12	1:17.47
Marathon	2:20.00	2:45.00
3000mSC	8:45.30	10:14.04
110mH / 100mH	14.19	13.60
400mH	51.15	58.50
High Jump	2.12	1.79
Pole Vault	5.15	4.02
Long Jump	7.55	6.17
Triple Jump	15.93	12.99
Shot Put	17.79	15.19
Discus Throw	56.74	54.15
Hammer Throw	63.60	58.11
Javelin Throw	71.15	51.94
Decathlon / Heptathlon	7203	5488
20km Walk	1:26.15	1:40.00
50km Walk	4:11.00	
Cross Country	Top 8 Open Australian X-Country Champs	Top 8 Open Australian X-Country Champs

Proposed Program – for discussion at Squad Briefing – Saturday 10th March 2018

3:00pm -4:00pm in the Board Room of Athletics WA

- Outline the purpose of the squad
- Seek feedback from athletes and coaches on proposed plans
- Athletes to complete profiles and submit photo

Key points:

- Group Strength and Conditioning Sessions at WAIS lead by TBC.
- Must sign WAIS Training Agreement prior to first session.
- Athletics WA branded training singlets/shirts must be worn in the WAIS gym at all times.
Bring a towel and water bottle.
- Access to WAIS Recovery Centre at set times (TBC). All athletes must undertake an induction of this facility prior to use and a buddy must be in attendance at all times.
- Access to the WAIS Physiotherapist for group sessions (TBC).
- Athletics Stadium access (Swipe Card)

Squad Levy:

\$400 Levy Fee (includes squad training singlet, S&C Coach, WAIS Recovery facilities and Group Physiotherapist sessions)