

Eligibility Criteria for the HP Pathway

The updated High Performance Pathway will consist of two nationally supported squads and targeted Performance Development Initiatives

Elite Performance Squad (EPS) – For athletes who have demonstrated a high potential to achieve a Top 8 placing at the 2028 Los Angeles Olympics/Paralympics, and who are tracking toward podium potential at the 2028 or 2032 Olympic/Paralympic Games.

Performance Potential Squad (PPS) – For emerging and established athletes who are confirming the attributes and performance progression toward demonstrating Top 8 potential in Los Angeles 2028 and podium potential for Brisbane 2032.

Targeted Performance Development Initiatives – For athletes (Ages ~16+ years old) with aspirations of Olympics/Paralympics that are demonstrating traits indicating realistic performance potential.

How eligibility is assessed

An athlete's performance potential is evaluated using a combination of performance, progression, and individual context to determine how well they are tracking toward closing the gap to Top 8 and podium levels in the 2028 or 2032 Olympic/Paralympic cycles.

The assessment process includes:

1. Identifying the performance gap between the athlete's current level and the standards required for Top 8 or podium finishes.
2. Evaluating the athlete's performance level and rate of progression in the context of their age, stage, and training history, compared with known progression rates of athletes who have reached Top 8 or podium levels in their careers.
3. Conducting event analysis or physical testing, where data is available, to provide further insight into the athlete's performance profile against key event-specific elements.

The following High Performance Level Guidelines are published to provide indicative benchmarks across ages and events; however, these have limitations and do not replace the need for individual athlete context to be considered. These guidelines are currently being updated to better reflect the new eligibility criteria but will remain a trigger to assess an athlete against the eligibility criteria.

Using this multi-factor assessment, ANZ-HP can make a more informed and evidence-based decision on each athlete's top 8 and podium potential over the next two Olympic/Paralympic cycles and their suitability for selection into the HP Pathway.

ATHLETICS NEW ZEALAND HIGH PERFORMANCE (ANZ-HP) LEVEL GUIDELINES

Indicative performance and progression guide to be considered for ANZ-HP support (Able Bodied athletes)

Guiding principle for support	To receive ANZ-HP programme support, athletes must demonstrate evidence of capability or potential to achieve podium success at the 2028 Los Angeles and 2032 Brisbane Olympic/Paralympic Games.
Notes/ Considerations:	1. The performance levels are set using senior event specifications and implements; and must be a valid performance in accordance with World Athletics Competition rules 2. Athletes must demonstrate progression towards and ultimately beyond these performance levels 3. Athletes must show an ability to perform at targeted major competitions and achieve repeatable (legal) performances 4. 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
Heptathlon	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