



الاتحاد السعودي لألعاب القوى  
SAUDI ATHLETIC FEDERATION

أفضل نتائج ألعاب القوى السعودية لدرجة الناشئين (٢٠١٣ - ٢٠١٧ م)

## KSA BEST TOP YOUTH ( ATHLETICS 2013 - 2017 )

YEARS	2013	2014	2015	2016	2017
100M	11.19	11.23	10.91	11.10	10.61
200M	22.19	22.95	22.17	21.51	21.77
400M	46.99	49.55	48.75	48.38	49.25
800M	1:57.29	1:59.39	1:59.91	2:00.82	1:59.81
1500M	4:10.17	4:04.47	4:21.06	4:00.22	4:06.11
3000M	9:33.5	9:15.91	9:29.76	9:44.98	9:59.68
2000MSTC	6:45.04	6:03.70	6:36.76	6:41.67	6:57.64
110MH	14.40	14.16	14.81	14.44	14:55
400MH.	55.57	55.90	53.68	57.56	54.68
H. JUMP	1.95	1.80	1.86	1.85	2.00
P. VAULT	5.27	5.32	5.18	4.20	4.50
L.JUMP	6.64	6.89	6.38	6.85	7.07
T. JUMP	13.67	13.92	13.06	14.10	14.05
S.PUT	14.56	13.82	12.84	14.20	16.96
D.THROW	43.01	45.62	47.71	45.90	48.25
H. THROW	50.10	46.78	48.20	54.23	58.65
J. THROW	52.32	51.63	54.35	49.77	55.68
5000M W.	28:12.91	28:35.54	27:41.44	27:24.99	28:23.30
DECATHLON	(OCT) 4906	(OCT) 4147	(DEC) 6087	(DEC) 4517	(DEC) 5457
M.RELAY	1:58.79	2:05.23	1:55.73	2:07.10	1:56.37



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أفضل نتائج ألعاب القوى السعودية لدرجة الشباب (٢٠١٣ - ٢٠١٧م)

## KSA BEST TOP JUNIORS ( ATHLETICS 2013 - 2017)

YEARS	2013	2014	2015	2016	2017
100M	11.04	10.70	10.48	10.04*	10.82
200M	22.02	21.89	21.21	21.51	21.56
400M	46.99	47.23	46.98	47.26	48.92
800M	1:59.13	1:56.88	1:58.16	1:53.63	1:58.37
1500M	4:08.72	4:02.67	4:12.15	4:00.22	4:04.78
3000M	9:27.32	9:26.0	9:04.70	9:44.98	10:02.11
5000M	16:39.65	15:56.44	16:50.17	15:16.82	18:27.16
10000M	NM	NM	NM	NM	NM
3000MSTC	10:12.01	9:37.26	10:20.69	10:04.73	10:48.40
110MH	14.91	14.42	14.32	14.28	14.36
400MH.	54.31	53.37	54.74	51.91	55.67
H. JUMP	2.05	1.95	2.00	1.85	1.85
P. VAULT	4.10	4.20	3.90	5.26	5.60
L.JUMP	7.37	7.59	6.87	6.98	7.07
T. JUMP	14.50	14.23	13.97	14.34	14.45
S.PUT	13.23	14.60	13.92	15.08	14.57
D.THROW	40.37	45.58	42.20	52.50	49.00
H. THROW	48.27	50.12	50.30	49.95	53.25
J. THROW	61.97	67.58	51.75	57.62	56.36
DECATHLON	5163	5589	4961	5396	7133
5000M W.	27:06.19	28:35.54	27:41.44	27:24.99	28:23.30
4X100M	43.73	43.87	44.82	42.42	44.94
4X400M	3:25.89	3:34.66	3:35.79	3:12.37	3:33.33



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## أفضل نتائج ألعاب القوى السعودية لدرجة الرجال (٢٠١٣ - ٢٠١٧ م)

### KSA BEST TOP MEN ( ATHLETICS 2013 - 2017)

YEARS	2013	2014	2015	2016	2017
100M	10.37	10.39	10.34	10.49	10.23
200M	20.74	20.74	20.58	20.87	20.96
400M	44.61	44.43	43.93*	45.51	45.80
800M	1:43.86*	1:50.54	1:45.50	1:48.97	1:50.52
1500M	3:39.51	3:46.78	3:39.62	3:47.08	3:48.73
3000M	8:19.53	8:31.49	8:19.55	8:57.66	٧:٤٦.٧٢
5000M	14:05.88	14:42.34	13:25.00	13:24.97	1٣:٢٥.٣٣
10000M	NM	NM	30:25.10	NM	NM
3000MSTC	8:56.27	9:03.30	8:53.88	9:17.23	8:52.65
110MH	13.72	13.99	13.97	14.21	13.57*
400MH.	51.30	52.75	51.08	50.32	51.29
H. JUMP	2.21*	2.15	2.20	2.10	2.07
P. VAULT	4.70	4.40	4.40	4.30	4.40
L.JUMP	7.99	7.90	8.11	7.62	7.55
T. JUMP	15.58	15.21	15.77	15.24	15.64
S.PUT	19.68	19.99	19.35	19.81	19.56
D.THROW	64.25	59.15	60.43	65.52*	58.63
H. THROW	56.97	50.82	62.12	66.95*	65.30
J. THROW	69.51	67.58	67.64	70.66	73.17
DECATHLON	7128	6713	7572	6156	6780
5000M W.	26:58.19	27:42.61	27:41.40	27:24.99	29:46.80
4X100M	41.16	42.12	40.27	41.75	40.61
4X400M	3:02.53	3:04.03	3:02.62	3:05.20	3:08.23