

FUTURES PROGRAMME

WHAT IS THE FUTURES PROGRAMME?

The Welsh Futures Programme provides a resource based support package to athletes in the U20 & U23 age groups, who have a possibility of making the Welsh team at the next Commonwealth Games, and the potential to win a medal or achieve a top-8 finish at future Commonwealth Games. All those supported on this programme will be considered for nomination for funding through Welsh Sports Aid.

Selection for this element of the programme is based within tolerances for the CWG qualification criteria. At the core of the programme will be individual athlete plans with Futures activity integrated into individual plans through discussion with the Personal Coaches and relevant NTDC

It will look to provide:

- Annual screening, Tracking & Benchmarking
- Reactive Physiotherapy support

WHAT ARE THE BENEFITS OF BEING A FUTURES ATHLETE?

- Support to attend International competition, such as World, European & Commonwealth age group championships and minor internationals subject to selection.
- Organised training days and camps with education programme which ensures athletes & coaches are provided with the knowledge and tools to realise their potential.
- Access to performance support services.
- Access to performance training environments.
- Objective measures of technical and physical abilities to provide insight and interventions to enable development.

7 YEARS | 6 GOALS | 1 VISION

1 SPORT

HOW DO YOU ACCESS THE FUTURES PROGRAMME?

Guideline Tolerance tables for entry on to the Futures Programme - relative progression against age and competition experience will also be considered when making selections

Men						
	Programme Entry Futures			U23 Pathway		
Age (YoB)	17 (2002)	↔	19 (2000)	20 (1999)	↔	22 (1997)
100m	10.80	↔	10.50	10.50	↔	10.35
200m	21.70	↔	21.15	21.15	↔	20.85
400m	48.50	↔	47.00	47.00	↔	46.20
800m	1.52.0	↔	1.49.2	1.49.2	↔	1.48.0
1500m	3.52.5	↔	3.45.0	3.45.0	↔	3.42.0
3000m	8.21.0			-	-	-
5000m	-	14.40.0	14.10.0	14.10.0	↔	13.45.0
10000m	-	-	30.10.0	30.10.0	↔	29.10.0
2000m S/C	6.00.0	-	-	-	-	-
3000m S/C	-	9.20.0	9.00.0	9.00.0	↔	8.45.0
Marathon	-	-	-	-	-	-
110/100mH	-	14.30	14.10	14.10	↔	13.90
• 3ft3 / 2ft6	14.05	↔	13.85	-	-	-
• 3ft	13.80	-	-	-	-	-
400mH	54.50		52.00	52.00	↔	50.50
• 2ft9	53.50	-	-	-	-	-
Long Jump	7.00	↔	7.50	7.50	↔	7.70
Triple Jump	14.90	↔	15.80	15.80	↔	16.20
High Jump	2.05	↔	2.15	2.15	↔	2.19
Pole Vault	4.75	↔	5.10	5.10	↔	5.25
Shot Putt	-	16.00	17.00	17.00	↔	18.00
• 6kg / 3kg	17.00	↔	18.25	-	-	-
• 5kg	18.25	-	-	-	-	-
Discus	-	49.00	54.00	54.00	↔	58.00
• 1.75kg	50.00		54.00	-	-	-
• 1.5kg	53.00	-	-	-	-	-
Hammer	-	57.00	61.00	61.00	↔	65.00
• 6kg / 3kg	63.00	65.00	67.00	-	-	-
• 5kg	68.00	-	-	-	-	-
Javelin	64.00		70.00	70.00	↔	74.00
• 700g / 500g	68.00	-	-	-	-	-
Combined Events	-	6700	7100	7100	↔	7400
Junior Implements	6600		7100	-	-	-
20K Walk	-	-	1.28.00	1.28.00	↔	1.26.30
10K Walk	46.00.0		43.00.0	43.00.0	-	-

Women						
	Programme Entry Futures			U23 Pathway		
Age (YoB)	17 (2002)	↔	19 (2000)	20 (1999)	↔	22 (1997)
100m	11.90	↔	11.62	11.62	↔	11.50
200m	24.25	↔	23.80	23.80	↔	23.60
400m	55.00	↔	53.60	53.60	↔	52.80
800m	2.09.5	↔	2.05.0	2.05.0	↔	2.03.2
1500m	4.27.0	↔	4.18.0	4.18.0	↔	4.13.0
3000m	9.40.0	↔	-	-	-	-
5000m	-	-	16.20.0	16.20.0	↔	15.55.0
10000m	-	-	35.00.0	35.00.0	↔	33.20.0
2000m S/C	6.55.0	6.45.0	-	-	-	-
3000m S/C	-	10.55.0	10.25.0	10.25.0	↔	10.05.0
Marathon	-	-	-	-	-	-
110/100mH	14.20	↔	13.80	13.80	↔	13.60
• 3ft3 / 2ft6	13.95	-	-	-	-	-
400mH	62.00	↔	59.00	59.00	↔	58.00
• 2ft9	-	-	-	-	-	-
Long Jump	5.90	↔	6.20	6.20	↔	6.35
Triple Jump	12.10	↔	12.80	12.80	↔	13.10
High Jump	1.75	↔	1.80	1.80	↔	1.82
Pole Vault	3.80	↔	4.10	4.10	↔	4.20
Shot Putt	14.00	↔	15.30	15.30	↔	16.00
• 6kg / 3kg	15.50	-	-	-	-	-
Discus	44.00	↔	51.50	51.50	↔	55.50
Hammer	52.50	↔	57.50	57.50	↔	60.50
• 6kg / 3kg	59.00	-	-	-	-	-
Javelin	45.00	↔	50.50	50.50	↔	53.50
• 700g / 500g	50.00	-	-	-	-	-
Combined Events	4800	↔	5450	5450	↔	5700
Junior Implements	5000	-	-	-	-	-
20K Walk	-	-	1.43.0	1.43.0	↔	1.40.30
10K Walk	54.00.0	↔	48.30.0	48.30.0	-	-
5K Walk	24.30.0	-	-	-	-	-

HOW DO I PROGRESS TO THE NEXT STAGE?

In order to move up the Commonwealth programme, developing athletes will need to have registered a performance within the tolerances laid out in the table on page 13.

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1 SPORT



WELSH ATHLETICS
ATHLETAU CYMRU