

High-performance environment

Case study.





1919-2019

100 POLSKIEGO ZWIĄZKU
LAT LEKKIEJ ATLETYKI



**HIGH PERFORMANCE
CONFERENCE**
Warsaw 2019

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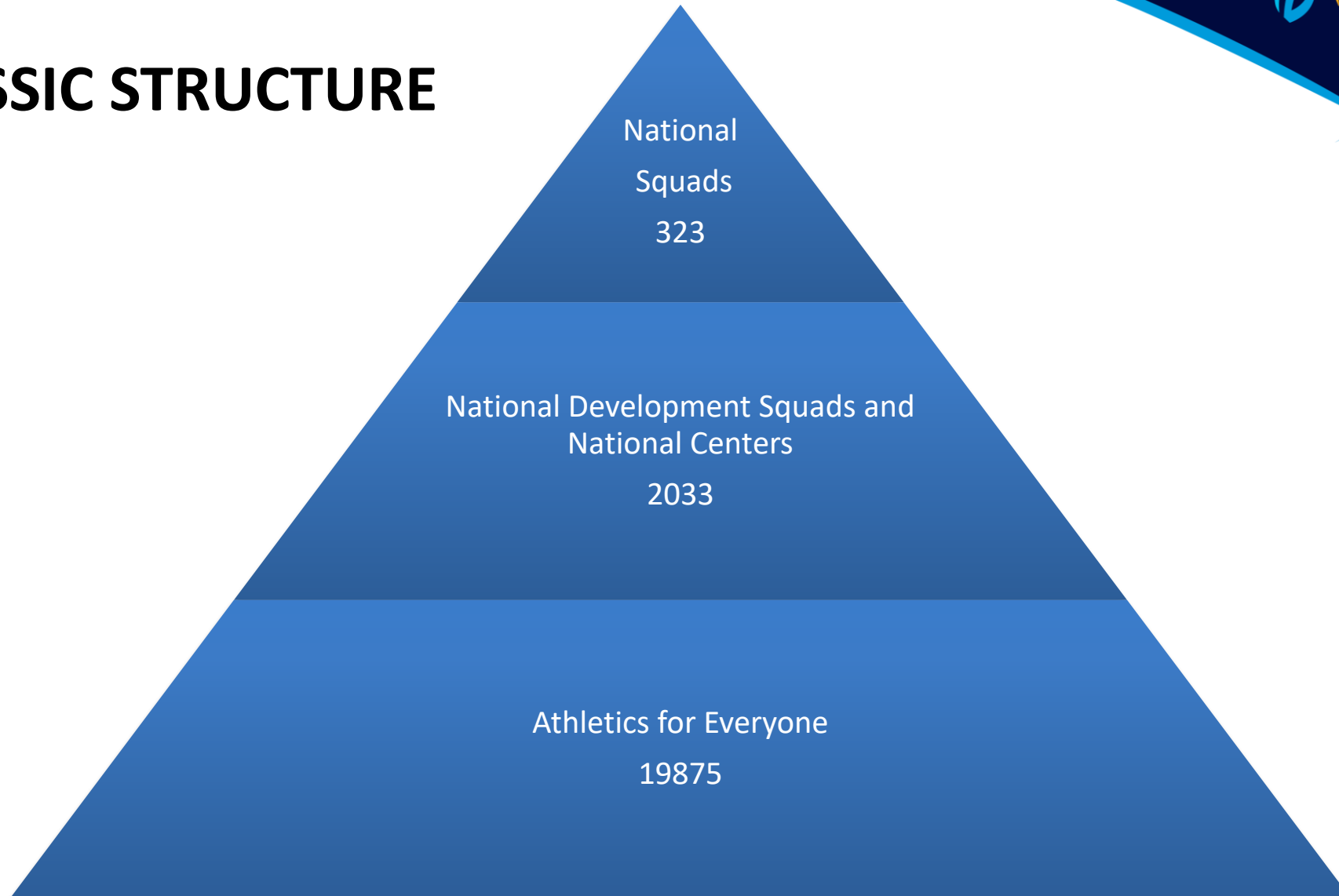
www.pzla.pl

MAIN OBJECTIVES

- NATIONAL TEAM 's PREPARATION FOR THE MAJOR CHAMPIONSHIPS
- POPULARIZATION & DEVELOPMENT OF ATHLETICS IN POLAND
- COORDINATION OF ALL ASPECT WITHIN THE ATHLETES DEVELOPMENT PATHWAY
- COORDINATION OF COACH DEVELOPMENT PATHWAY



CLASSIC STRUCTURE



NATIONAL SQUADS - 2018/2019

	Sprint & Hurdles	Jumps & Combined event	Race Walk	Throws	Endurance	Total
Senior	37	18	11	25	18	109
U23	37	21	1	15	20	94
U20	29	22	3	15	20	89
U18	6	10	0	13	2	31
Total	109	71	15	68	60	323

Coaches	Doctors	Psychologist	Nutritionist	Physiotherapist
49	8	2	1	9

BENEFITS OF BEING SELECTED FOR THE NATIONAL SQUADS

1. Trainings camps
2. Insurance via PZLA
3. Medical support
4. Nutrition support
5. Equipment
6. Coaches
7. Support via Sports Department

NATIONAL DEVELOPMENT SQUADS 2018/2019

U23	127
U20	364
U18	472
Total	963

<https://www.youtube.com/watch?v=MX2ZFDdKHWE>

BENEFITS OF BEING SELECTED FOR NATIONAL DEVELOPMENT SQUADS

1. Trainings camps.
2. Equipment.
3. Coaches.
4. Access to Trainings Centers.
5. Admin and organizational support via Regional Department.

SELECTION STANDARDS 2019

Women

Age	15	16	17	18	19	20	21	22	23	24	25	26
100	12.00	11.80	11.75	11.70	11.65	11.60	11.55	11.50	11.45	11.40	11.35	11.30
200	x	24.30	24.20	24.10	24.00	23.90	23.80	23.70	23.60	23.50	23.40	23.30
400	40.00/300m/	54.40	54.00	53.80	53.50	53.30	53.10	52.90	52.70	52.60	52.50	52.40
800	1:34.00/600m/	2:11.00	2:09.00	2:08.00	2:07.00	2:06.00	2:04.50	2:04.00	2:03.50	2:03.00	2:02.50	2:02.00
1500	2:55.00/1000m/	4:34.00	4:28.00	4:25.00	4:22.00	4:20.00	4:17.00	4:15.00	4:13.00	4:11.00	4:09.00	4:08.00
3000	x	9:55.00	9:46.00	9:40.00	9:35.00	x	x	x	x	x	x	x
5000	x	x	x	17:00.00	16:50.00	16:40.00	16:33.00	16:25.00	16:20.00	16:05.00	15:55.00	15:40.00
10000	x	x	x	x	x	35:50.00	35:25.00	34:55.00	34:30.00	34:00.00	33:25.00	33:00.00
Half marathon	x	x	x	x	x	1:16:00	1:15:00	1:14:30	1:14.00	1:13:30	1:30:00	1:12:30
marathon	x	x	x	x	x	x	x	x	2:35:00	2:34:00	2:33:00	2:31:30
1500St	x	4:55.00	4:50.00	x	x	x	x	x	x	x	x	x
2000St	x	7:00.00	6:55.00	6:45.00	6:40.00	x	x	x	x	x	x	x
3000St	x	x	x	10:40.00	10:30.00	10:25.00	10:20.00	10:10.00	10:00.00	9:55.00	9:50.00	9:45.00
100H	12.10/80h	13.90	13.70	13.80	13.70	13.60	13.50	13.40	13.30	13.20	13.10	13.00
400H	30.00/200H	60.50	59.50	59.00	58.50	58.00	57.50	57.00	56.75	56.50	56.35	56.10
HJ	1.73	1.75	1.78	1.79	1.80	1.82	1.84	1.86	1.88	1.90	1.92	1.94
PV	23.50	3.80	3.90	3.95	4.00	4.10	4.20	4.30	4.40	4.45	4.50	4.60
LJ	5.80	5.90	6.00	6.10	6.15	6.20	6.30	6.40	6.45	6.50	6.55	6.60
TJ	x	12.	12.50	12.75	12.90	13.00	13.15	13.30	13.50	13.65	13.80	13.95
SP	14.00 (3kg)	15.30 (3kg)	16.00 (3kg)	15.90	16.10	16.40	16.70	17.00	17.30	17.50	17.70	17.90
D	45.00 (0.75kg)	45.50	47.50	49.00	50.50	52.00	53.50	55.00	57.00	58.50	60.00	61.00
H	55.00 (3kg)	58.00 (3kg)	62.00 (3kg)	58.00	59.50	61.00	63.50	65.00	66.50	68.00	69.50	71.00
J	47.00 (500g)	50.00 (500g)	53.00 (500g)	50.00	51.00	52.00	53.50	55.00	56.50	57.50	58.50	59.50
Combined event	x	5050	5200	5200	5300	5400	5500	5600	5700	5800	5900	6000
20km RW	15:00.00/3km	25:00.00/5km	24:00.00/5km	50:00.00/10km	49:00.00/10km	1.44:00	1.43:00	1.42:00	1.39:00	1.37:30	1.35:00	1.34:00
50km RW	x	x	x	x	x	x	x	x	4.50:00	4.45:00	4.40:00	4.38:00

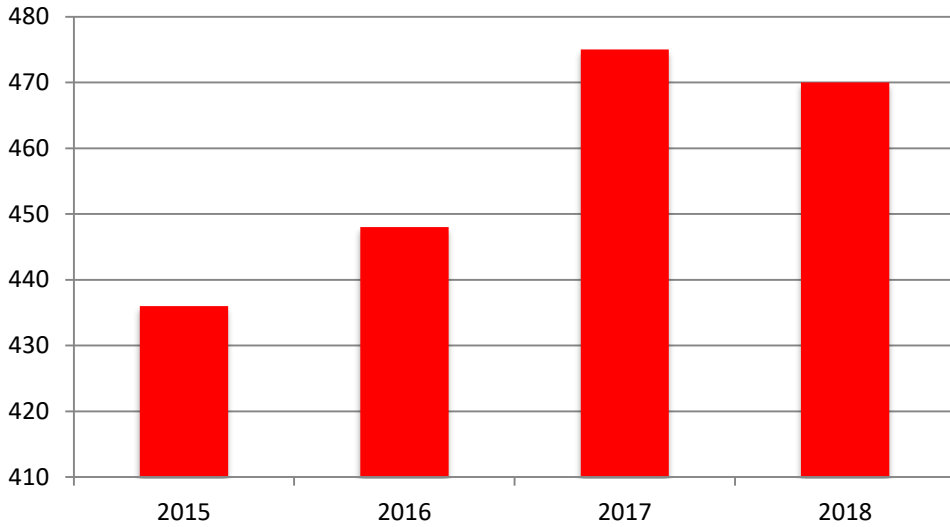
SELECTION STANDARDS 2019

Men

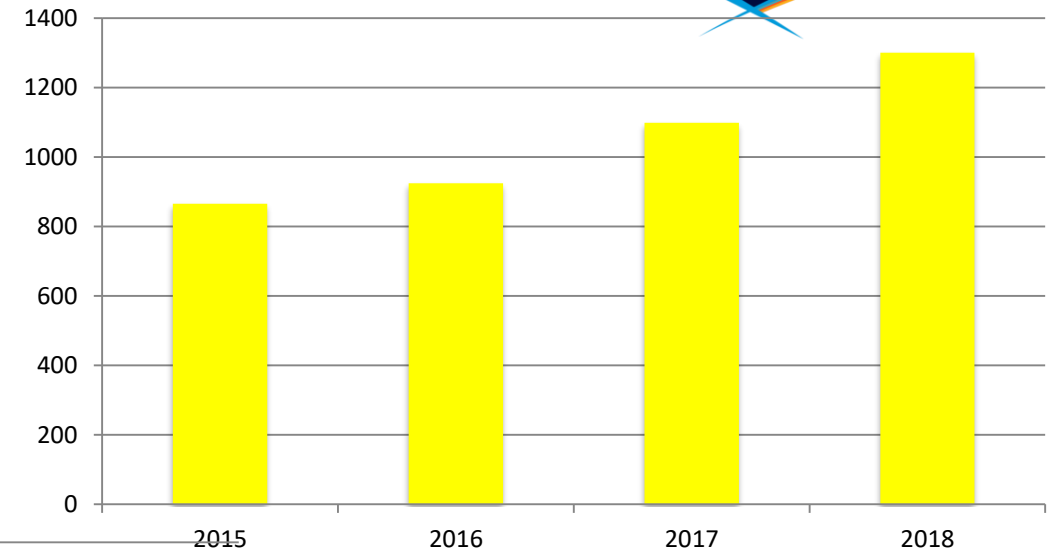
Age	15	16	17	18	19	20	21	22	23	24	25	26
100	11.10	10.95	10.85	10.75	10.70	10.60	10.50	10.45	10.40	10.35	10.30	10.25
200	x	21.90	21.70	21.40	21.30	21.20	21.10	21.00	20.90	20.80	20.70	20.55
400	35.00/300m/	48.00	47.80	47.50	47.00	46.70	46.55	46.40	46.30	46.20	46.10	46.00
800	1:23.00/600m/	1:54.00	1:52.00	1:51.50	1:49.80	1:49.00	1:48.30	1:47.90	1:47.60	1:47.20	1:46.90	1:46.50
1500	2:33.00/1000m/	3:59.00	3:55.00	3:51.00	3:47.00	3:45.50	3:44.00	3:42.00	3:41.50	3:40.50	3:39.00	3:38.00
3000	5:45.00 (2000m)	8:43.00	8:35.00	8:25.00	8:20.00	x	x	x	x	x	x	x
5000	x	x	x	14:40.00	14:30.00	14:20.00	14:10.00	14:05.00	14:00.00	13:50.00	13:45.00	13:42.00
10000	x	x	x	x	x	30:15.00	30:00.00	29:45.00	29:30.00	29:15.00	29:00.00	28:50.00
Half marathon	x	x	x	x	x	1:06:30	1:06:00	1:05:30	1:04:30	1:04:00	1:03:30	1:03:00
Marathon	x	x	x	x	x	x	x	x	2:16:00	2:15:00	2:14:00	2:13:00
2000St	x	6:10.00	6:00.00	5:54.00	5:50.00	x	x	x	x	x	x	x
3000St	x	x	x	9:20.00	9:10.00	9:05.00	9:00.00	8:50.00	8:45.00	8:40.00	8:35.00	8:30.00
110H	16.50	14.00	13.80	13.90	13.75	14.10	14.00	13.95	13.85	13.75	13.65	13.55
400H	28.20/200H/	52.20	51.90	51.70	51.60	51.40	51.20	51.00	50.80	50.50	50.25	50.00
HJ	2.03	2.06	2.09	2.12	2.15	2.17	2.19	2.21	2.23	2.25	2.27	2.29
PV	4.70	4.90	5.05	5.15	5.20	5.30	5.35	5.40	5.45	5.50	5.55	5.60
LJ	7.00	7.10	7.20	7.30	7.40	7.50	7.60	7.70	7.80	7.85	7.90	8.00
TJ	x	14.90	15.10	15.30	15.50	15.70	15.85	16.00	16.10	16.30	16.50	16.70
SP	17.50 (5kg)	18.00 (5kg)	19.00 (5kg)	18.50 (6kg)	19.00(6kg)	18.70	19.00	19.30	19.55	19.75	19.90	20.05
D	57.00/1kg/	54.00 (1,5kg)	56.00 (1,5kg)	56.00 (1,75kg)	58.00 (1,75kg)	55.00	57.00	59.00	61.00	62.00	63.00	64.00
H	67.00/5kg/	69.00 (5kg)	71.00 (5kg)	69.00 (6kg)	71.00 (6kg)	66.00	67.50	69.00	70.00	71.50	73.00	75.00
J	68.00/600g/	70.00 (700g)	73.00 (700g)	71.00	72.00	74.00	75.00	76.00	78.00	79.00	80.00	81.00
Combined event	x	6800	7000	7200	7400	7400	7500	7600	7700	7800	7900	8000
RW 20km	29:00.00/5km/	47:30.00/10km	46:00.00/10km	45:00.00/10km	44:00.00/1.33:30	1.32:00.00	1.30:30	1.29:00	1.26:30	1.35:30	1.24:30	1.23:00
RW 50km	x	x	x	x	x	x	x	x	4.08:00	4.02:00	3.59:00	3.54:00

EFFECT OF SUCCESS ?

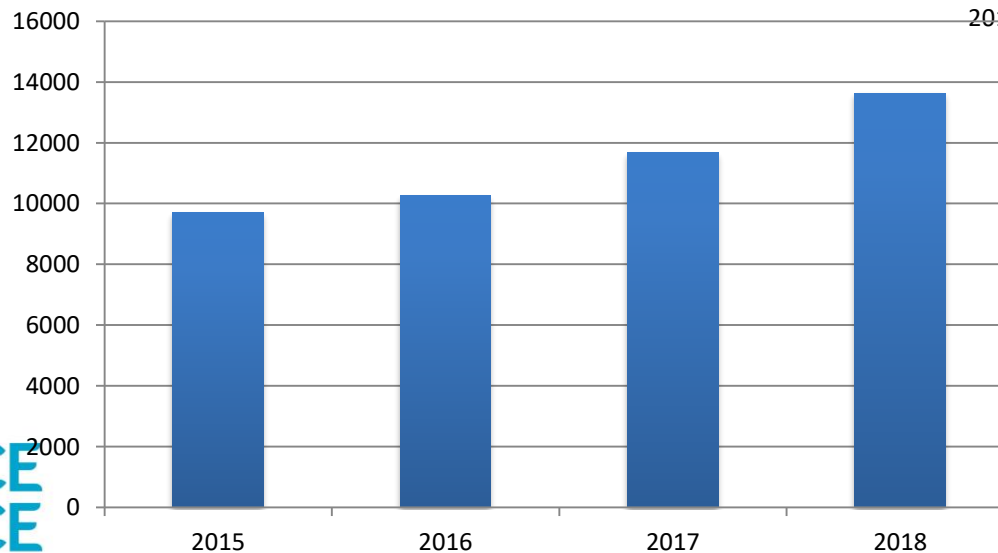
Clubs



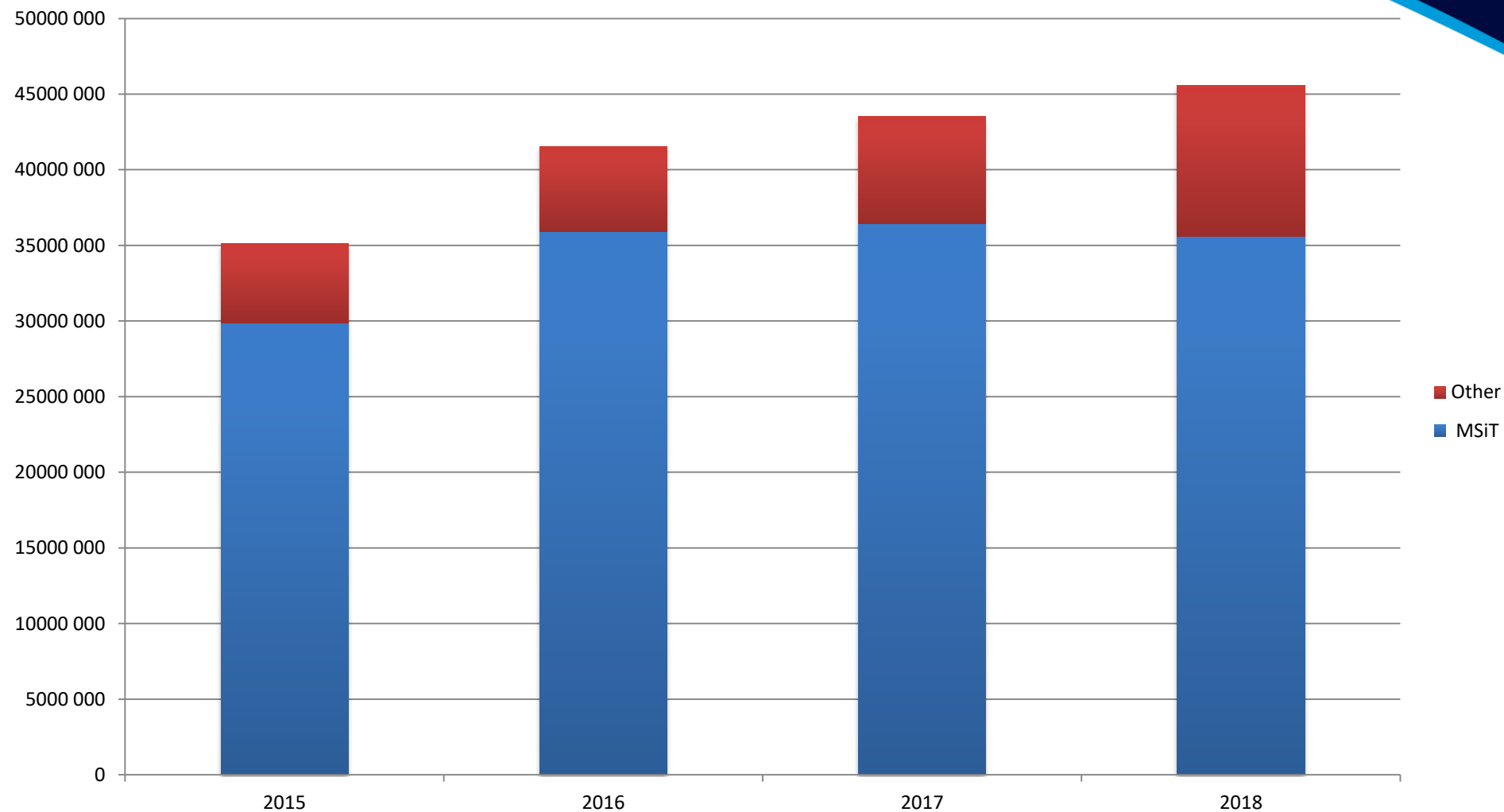
Coaches



Athletes

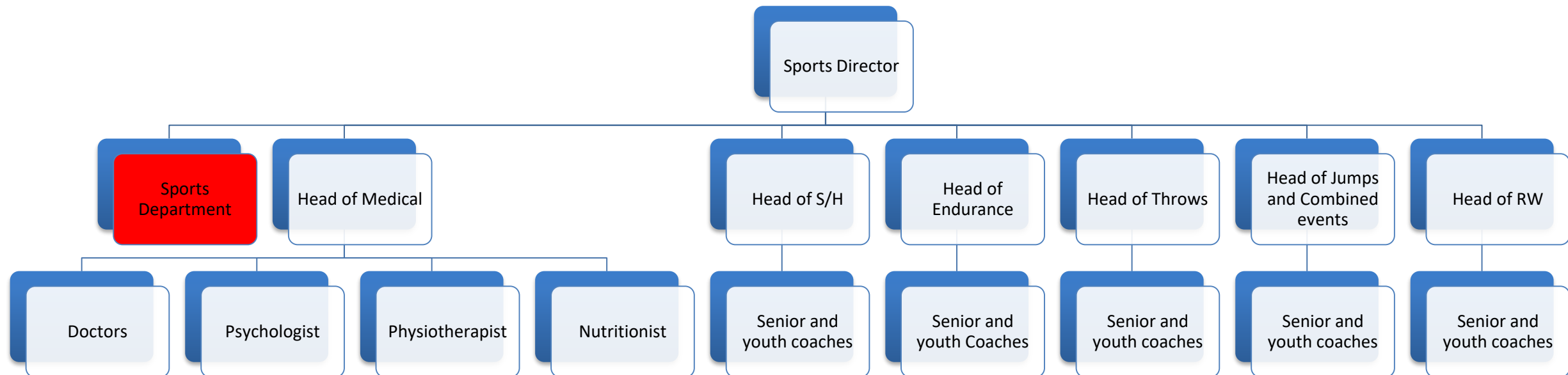


FINANCIAL RESOURCES

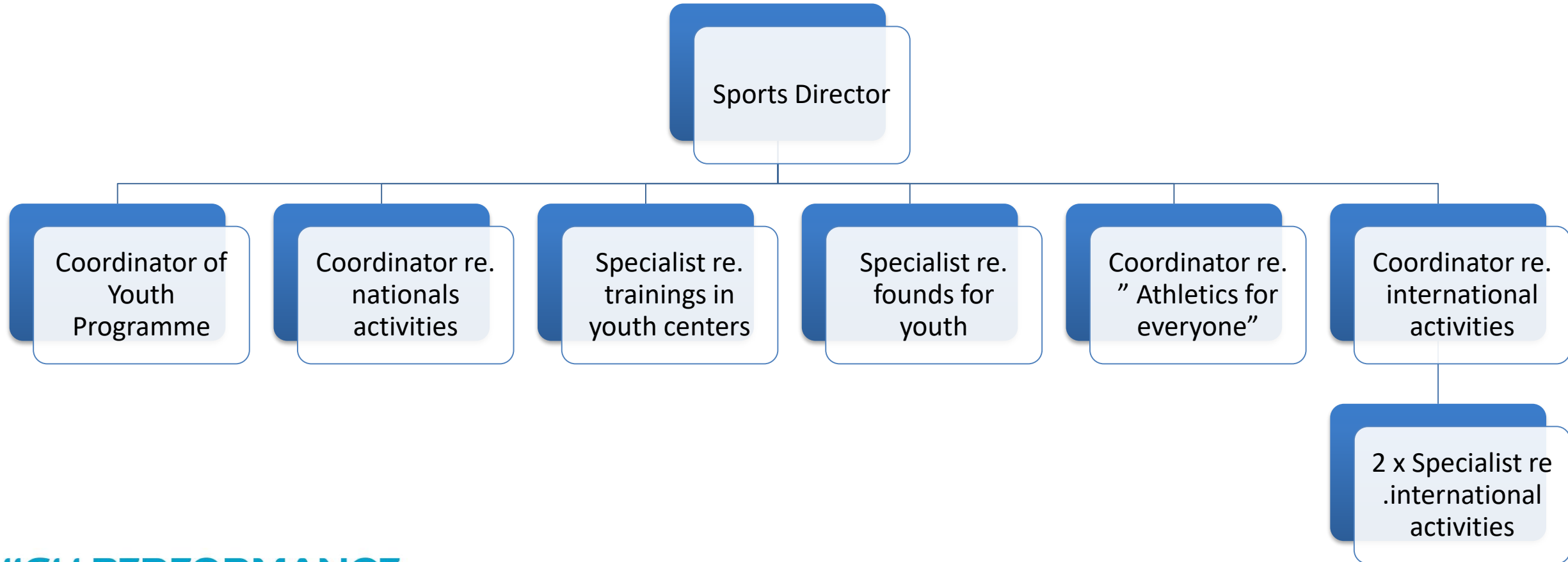


BUDGET - 2019 Draft		PLN	
1	National t-camps	4 351 737,87 zł	13,21%
2	Internationala t-camps	5 065 604,35 zł	15,38%
3	National competition	96 658,60 zł	0,29%
4	International competition	435 529,22 zł	1,32%
5	International championships	1 747 761,35 zł	5,31%
6	Scholarships	1 584 255,46 zł	4,81%
7	CPD	210 000,00 zł	0,64%
8	Supplements	500 000,00 zł	1,52%
9	Equipment	502 404,19 zł	1,53%
10	Diagnostic and monitoring	328 000,00 zł	1,00%
11	International association fee	2 000,00 zł	0,01%
12	Salary for performance staff	4 873 154,65 zł	14,79%
13	Insurance	253 567,44 zł	0,77%
14	IT development	235 250,00 zł	0,71%
15	National development team	2 946 000,00 zł	8,94%
16	Stationary development centers	2 281 500,00 zł	6,93%
17	Youth programme (athletics for everyone)	4 500 000,00 zł	13,66%
18	Office and office staff	3 026 250,00 zł	9,19%
TOTAL		32 939 673,13 zł	

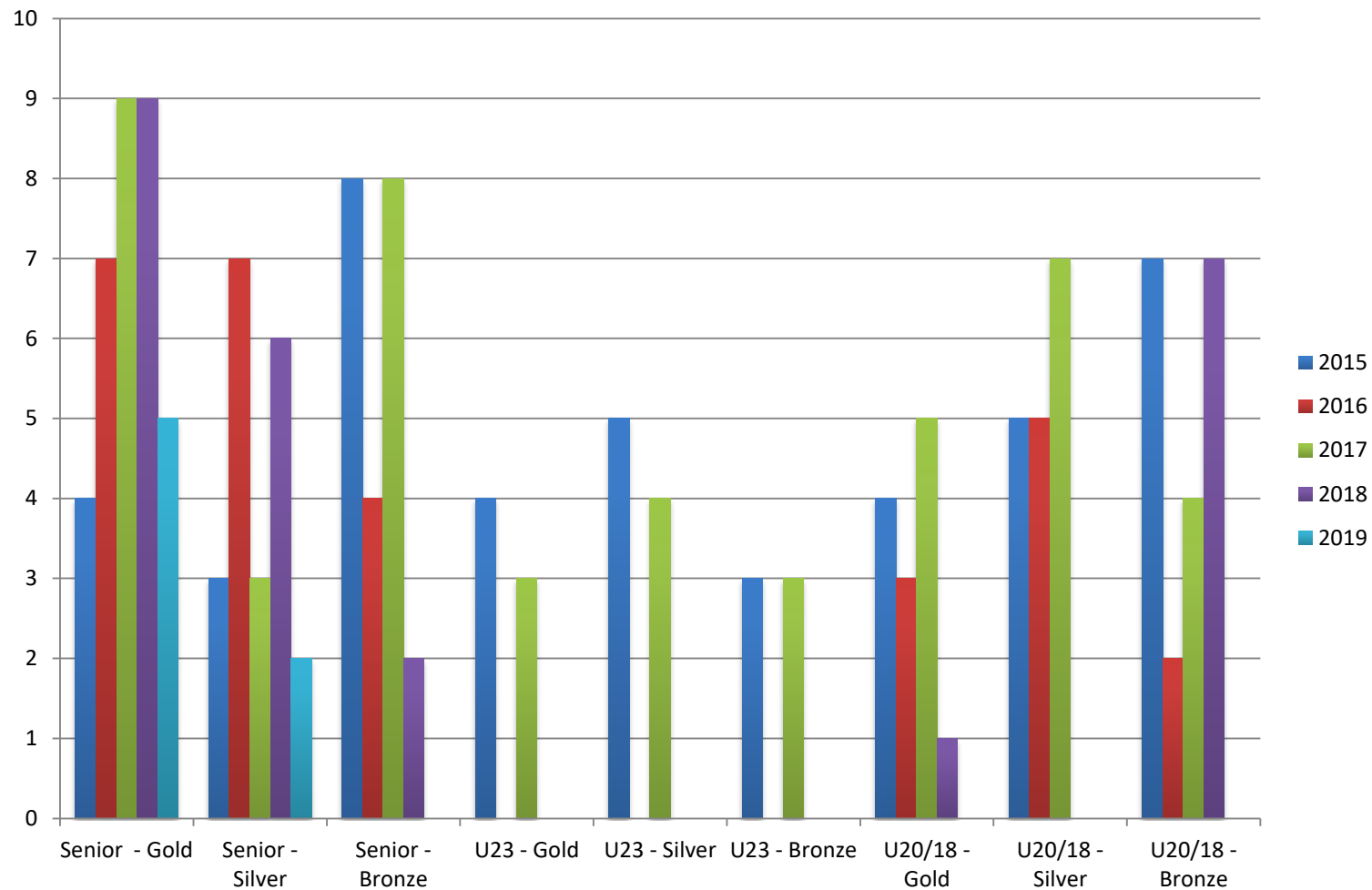
ORGANISATIONAL STRUCTURE - PERFORMANCE STAFF



ORGANISATIONAL STRUCTURE - SPORTS DEPARTMENT



MEDALS ACHIEVEMENTS





4 x R...



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CONFERENCE**
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