

Point values for the individual athletes placement on the International competitions:

	I place	II place	III place
Olympic Games	200	180	160
World Championships	180	162	144
World Indoor Championships	140	126	112
World Cross Country Championships – seniors	140	126	112
World Half Marathon Championships	120	108	96
World Race Walking Championships	110	99	88
World Mounting Running Championships	110	99	88
European Championships	150	135	120
European Indoor Championships	120	108	96
European Cross Country Championships- seniors	120	108	96
European U23 Championships	120	108	96
European Cup	80	72	64
European Mounting Running Championships	100	90	80
UNIVERSIADE	110	99	88
MEDITERIAN GAMES	90	81	72
Balkan Senior Championships	88	80	72
Balkan Indoor Championships	70	63	56
Balkan Cross Country Championships	70	63	56
Balkan Mounting Running Championships	70	63	56
Balkan Race Walking and HM Championships	60	54	48

Point value in Relays are 25% per competitor.

Point value for achieved results - RECORDS is showed in following chart:

	seniors
World Record	300
Olimpic Record	250
European Record	200
Balcan Record	100