

CLUB STANDARDS – MEN - 2023

	Men	U20	U17	U15	U13	U11
60m	7.3	7.5	7.7	8.6	8.8	9.5
75m					10.9	11.7
80m					11.6	12.1
100m	11.5	11.7	12.0	12.7	14.2	15.0
150m					21.1	23.0
200m	23.4	23.8	24.5	26.25	29.75	32.5
300m	36.5	37.0	38.0	44.0	47.0	
400m	53.0	54.0	55.5	61.0	68.5	75.0
600m	1.25	1.27.0	1.30.0	1.35.0	1.44.0	1.56.0
800m	2.04.0	2.06.0	2.10.0	2.22.0	2.38.0	2.49.0
1200m					4.15.0	4.30.0
1500m	4.20.0	4.25.0	4.35.0	4.55.0	5.25.0	
3000m - Track	9.30.0	9.40.0	10.00.0	10.30.0		
5000m - Track	16.45.0	17.00.0				
10000m – Track	36.00.0	36.00.00				
60m Hurdles - Indoor	9.3	9.3	9.3	9.6	11.0	
Sprint Hurdles	18.0	18.5	16.0	14.0	16.0	
400m Hurdles	63.0	64.0	65.0			
3000m Steeplechase	11.00					
2000m Steeplechase		7.30.0				
1500m Steeplechase			5.10.0			
High Jump	1.73	1.70	1.65	1.50	1.25	1.15
Long Jump	5.80	5.70	5.40	4.80	4.00	3.65
Triple Jump	11.80	11.50	11.00	10.00	9.00	7.60
Pole Vault	3.00	2.80	2.65	2.20	2.00	
Javelin	37.00	35.00	33.00	25.00	18.00	16.00
Discus	28.00	25.00	23.00	21.00	14.00	12.00
Shot	11.00	10.50	10.00	9.50	6.50	5.50
Hammer	26.00	25.00	24.00	23.00		
Pentathlon	2200	2000	2000	1600	1200	
Heptathlon Indoor	2500	2500	2500			
Octathlon			3350			
Decathlon	3000	3000				

CLUB STANDARDS – WOMEN - 2023

	WOMEN	U20	U17	U15	U13	U11
60m	8.2	8.3	8.5	9.0	9.3	9.8
75m					11.5	12.1
80m					12.2	12.7
100m	13.1	13.2	13.3	13.7	14.8	15.4
150m					23.0	23.5
200m	27.0	27.2	27.5	28.5	31.5	34.0
300m	43.0	44.0	45.5	47.0		
400m	64.0	64.5	65.0	67.5	73.0	78.0
600m	1.40.0	1.42.0	1.44.0	1.45.0	1.55.0	2.01.0
800m	2.27.0	2.27.0	2.30.0	2.35.0	2.45.0	2.59.0
1200m					4.20.0	4.50.0
1500m	5.05.0	5.07.0	5.15.0	5.25.0	5.50.0	
3000m - Track	11.30	11.45	12.00	12.30		
5000m - Track	20.00.0	20.00.0	20.00.0			
10000m – Track	43.00.0	43.00.00				
60m Hurdles - Indoor	10.3	10.3	10.3	10.5	11.0	
Sprint Hurdles	18.0	18.0	13.7	14.1	14.0	
300m Hurdles			52.0	54.0		
400m Hurdles	74.0	75.0				
3000m Steeplechase	14.00.0	14.00.0				
2000m Steeplechase	9.00.0	9.00.0				
1500m Steeplechase		7.00.0	7.00.0			
High Jump	1.53	1.50	1.45	1.36	1.20	1.10
Long Jump	4.75	4.65	4.60	4.30	3.80	3.50
Triple Jump	9.80	9.50	9.25	9.00	8.30	7.35
Pole Vault	2.30	2.30	2.30	2.00	2.00	
Javelin	27.00	25.00	24.00	20.00	13.00	11.00
Discus	25.00	23.00	21.00	18.00	13.00	10.00
Shot	8.30	7.60	8.50	7.40	6.00	5.00
Hammer	25.00	23.00	22.00	21.00		
Pentathlon	2200	2200	2000	1750	1500	
Heptathlon	2500	2400	2300			