



**AAA**

**STANDARDS SCHEME**

**2013-2014**

**THE COMMON STANDARDS SCHEME**

# THE COMMON STANDARDS SCHEME

The agreement reached in 1996 between representatives of the AAA of England and the Celtic Countries in respect of the recognition of common Track and Field Standards essentially remains in force. The performances listed hereunder apply to all British Athletics, irrespective of whether any Country intends, or not, to make Certificates and/or Badges available to their athletes.

With the advent of data bases of performances it has been decided to completely revise the standards tables every two years and to introduce standards for events which appear in the Power of 10 database. The method of revising the tables has been to look at the total number of performances recorded in the database and to try to pitch the standards such that the top 7.5% of performances would attain a grade 1 standard; the top 15% of performances a grade 2 standard; the top 30% a grade 3 standard; the top 65% a grade 4 standard. Some events viz Under 13 Boys Pole Vault and indoor 60mH, Under 13 Girls Pole Vault, Senior Women's 3K S/C and Junior Women's 5K., have been removed due to there being insufficient data on which to base a realistic standard, i.e. performances by less than 50 individuals Whilst the walks are not included in the Power of 10 their standards have been retained in the hope that more performances will be forthcoming.

The Standards for Senior athletes are for guidance only as there are no badges available for that age group. It is recognised that this is the area where performances seem to be decreasing but perhaps this is due to the larger participation in area leagues rather than a diminishing performance at the top levels – international and elite.

In the previous tables indoor 60 metres and 60 metres Hurdles standards were fixed with two decimal places as most indoor competition now has the advantage of photo finish.

**Any queries on this Scheme** should be addressed to Edwin Bellamy, 17 Parkdale, Barton upon Humber DN18 5EQ.

Telephone: 01652 633422. E-mail: [ebellath@aol.com](mailto:ebellath@aol.com)

## AAA STANDARDS SCHEME

This Association will for the 2013 & 2014 Seasons, use the COMMON STANDARDS SCHEME incorporating the revisions referred to above. All the applicable Standards are listed in the following pages. Badges are available for the FOUR Grades in the UNDER 17, UNDER 15 and UNDER 13 AGE GROUPS and THREE Grades in the UNDER 20 AGE GROUP, as defined by UK Athletic Rules.

The performance to be recognised must be achieved in the actual category of competition at 1) National, Territorial and County Championships; 2) League competitions, Open Meetings and Inter-Club Trophy Meetings; 3) at other approved meetings; and 4) at ESAA National, Regional and County Championships.

Certificates, which are issued free, give details of addresses from which Athletes may obtain Badges at a cost of **£2.00 PLUS SELF ADDRESSED STAMPED ENVELOPE** for return of Badge. Clubs are encouraged to make bulk applications for their athletes. In addition badges may be obtained by e-mail application paying into the Association's Paypal account in which case an extra £1 per transaction will be added to cost of badge/s to cover Paypal charges and postage and packing. The e-mail address for such applications is [Badgesat17@aol.com](mailto:Badgesat17@aol.com) and should include the badge/s required together with a name and address to which the badge/s are to be sent. Blank certificates can be downloaded from a number of websites or sent electronically by the Honorary Standards Officer.

1. The Standards set for ALL FIELD EVENTS in EACH AGE GROUP are based on the use of the implement weights and specifications as detailed under UK Athletic Rules. Standards are not set for the use of 'under' or 'over' weight implements. Similarly Standards for Hurdle/Steeplechase events are based on the use of Hurdles/Barriers to the heights and spacings as defined by UK Athletic Rules.
2. Standards may be obtained for ALL Indoor Events additional to the 60 metres and 60m Hurdles using the relevant outdoor tables.
3. Standards may be obtained in each or every single event contained within any Combined-Event competition.
4. Although Standards are listed for SENIORS it is NOT the intention to make BADGES available for this Age Group. They are included for use by Leagues etc.

Queries on the scheme may be addressed to the AAA Hon. Standards Officer, Edwin Bellamy, 17 Parkdale, Barton upon Humber DN18 5EQ. Telephone: 01652 633422. E-mail: [ebellath@aol.com](mailto:ebellath@aol.com) ; or to the Midland Counties AA at their registered HQ address as below.

Midland Counties AA                      Alexander Stadium, Walsall Road, Perry Barr, Birmingham B42 2LR

Northern Athletics                      E.S.BELLAMY, 17 Parkdale, Barton-upon-Humber. DN18 5EQ

# Standards for Men and Boys 2013-14

\*Improved standard, # reduced standard; ^ new event

## Senior Men

| Event                    | Grade 1           | Grade 2           | Grade 3          |
|--------------------------|-------------------|-------------------|------------------|
| 100 metres               | 10.8 sec          | 11.0 sec          | 11.1 sec *       |
| 200 metres               | 21.7 sec *        | 22.1 sec *        | 22.4 sec *       |
| 400 metres               | 48.5 sec          | 49.4 sec          | 50.3 sec         |
| 800 metres               | 1 min 51.7 sec    | 1 min 53.9 sec #  | 1 min 59.7 sec # |
| 1,500 metres             | 3 min 48.5 sec    | 3 min 54.0 sec    | 3 min 59.5 sec   |
| 3,000 metres             | 8 min 19 .5 sec   | 8 min 29.0 sec *  | 8 min 45.0 sec   |
| 5,000 metres             | 14 min 24.0 sec * | 14 min 45.0 sec * | 15min 15.5 sec * |
| 10,000 metres            | 29min 57.0 sec #  | 30 min 47.0 sec # | 31min 35.0 sec   |
| 3000 metres Steeplechase | 9min 04.0 sec *   | 9 min 34.0 sec *  | 9 min 52.5 sec * |
| 110 metres Hurdles       | 14.3 sec *        | 14.8 sec *        | 15.5 sec *       |
| 400 metres Hurdles       | 52.4 sec *        | 54.6 sec *        | 57.1 sec         |
| High Jump                | 2.01 metres *     | 1.95 metres       | 1.88 metres *    |
| Pole Vault               | 4.70 metres       | 4.40 metres       | 3.90 metres #    |
| Long Jump                | 7.00 metres       | 6.75 metres       | 6.45 metres #    |
| Triple Jump              | 14.50 metres *    | 13.70 metres      | 13.00 metres     |
| Shot                     | 14.20 metres      | 13.10 metres #    | 12.20 metres *   |
| Discus                   | 45.50 metres #    | 40.85 metres *    | 37.30 metres *   |
| Hammer                   | 55.80 metres *    | 48.90 metres *    | 41.90 metres *   |
| Javelin                  | 59.00 metres *    | 53.65 metres *    | 47.85 metres #   |
| Decathlon                | 7440 points       | 7240 points *     | 6735 points *    |
| 3,000 metres Walk        | 12 min 50.0 sec   | 13 min 15 .0 sec  | 14 min 00.0 sec  |
| 5,000 metres Walk        | 21 min 25.0 sec   | 22min 25.0 sec    | 23 min 05.0 sec  |
| 10,000 metres Walk       | 44 min 20.0 sec   | 46 min 50.0 sec   | 48 min 35.0 sec  |

## Indoor

|                   |            |            |            |
|-------------------|------------|------------|------------|
| 60 metres         | 6.85 sec   | 6.95 sec * | 7.05 sec   |
| 60 metres Hurdles | 7.85 sec * | 8.05 sec * | 8.25 sec * |

## Under 20 Men (Junior)

| Event                     | Grade 1           | Grade 2           | Grade 3           |
|---------------------------|-------------------|-------------------|-------------------|
| 100 metres                | 10.8 sec *        | 11.0 sec *        | 11.2 sec *        |
| 200 metres                | 22.1 sec          | 22.3 sec *        | 22.7 sec          |
| 400 metres                | 49.1 sec *        | 50.1 sec          | 51.1 sec          |
| 800 metres                | 1 min 54.0 sec    | 1 min 55 .5 sec   | 1 min 58.0 sec    |
| 1,500 metres              | 3 min 53.5 sec *  | 3 min 57.5 sec*   | 4 min 03.5 sec    |
| 3,000 metres              | 8 min 29.5 sec #  | 8 min 39.0 sec #  | 8 min 53.0 sec #  |
| 5,000 metres              | 14 min 28.5 sec * | 14 min 57.5 sec # | 15 min 36.5 sec # |
| 2,000 metres Steeplechase | 6 min 10.0 sec *  | 6 min 20.5 sec #  | 6 min 34.0 sec #  |
| 110 metres Hurdles        | 14.3 sec *        | 14.9 sec          | 15.6 sec #        |
| 400 metres Hurdles        | 55.1 sec *        | 56.0 sec *        | 58.0 sec          |
| High Jump                 | 1.98 metres #     | 1.95 metres       | 1.85 metres #     |
| Pole Vault                | 4.55 metres #     | 4.30 metres #     | 3.95 metres #     |
| Long Jump                 | 6.85 metres #     | 6.65 metres #     | 6.40 metres *     |
| Triple Jump               | 14.15 metres #    | 13.55 metres #    | 12.85 metres #    |
| Shot                      | 14.00 metres #    | 13.45 metres #    | 12.80 metres*     |
| Discus                    | 44.05 metres #    | 41.65 metres *    | 37.40 metres *    |
| Hammer                    | 64.35 metres *    | 55.85 metres *    | 50.15 metres *    |
| Javelin                   | 55.20 metres #    | 51.20 metres *    | 45.95 metres #    |
| 3,000 metres Walk         | 13 min 00.0 sec   | 14 min 00.0 sec   | 14 min 45.0 sec   |
| 5,000 metres Walk         | 21 min 40.0 sec   | 22 min 45.0 sec   | 23 min 30 .0 sec  |

|                    |                 |                 |                 |
|--------------------|-----------------|-----------------|-----------------|
| 10,000 metres Walk | 45 min 10.0 sec | 47 min 35.0 sec | 49 min 10.0 sec |
|--------------------|-----------------|-----------------|-----------------|

### Indoor

|                   |          |            |            |
|-------------------|----------|------------|------------|
| 60 metres         | 7.00 sec | 7.10 sec # | 7.20 sec   |
| 60 metres Hurdles | 8.00 sec | 8.15 sec # | 8.40 sec # |

## Under 17 Men

| Event                     | Grade 1          | Grade 2          | Grade 3          | Grade 4           |
|---------------------------|------------------|------------------|------------------|-------------------|
| 100 metres                | 11.2 sec         | 11.3 sec *       | 11.5 sec         | 11.8 sec          |
| 200 metres                | 22.7 sec *       | 23.0 sec *       | 23.5 sec         | 24.1 sec          |
| 400 metres                | 51.0 sec         | 52.0 sec #       | 53.0 sec #       | 54.4 sec          |
| 800 metres                | 1 min 58.0 sec # | 2 min 00.0 sec # | 2 min 02.5 sec # | 2 min 06.5 sec    |
| 1,500 metres              | 4min 04.0 sec *  | 4 min 08.5 sec*  | 4 min 15.5 sec * | 4 min 26.0 sec *  |
| 3,000 metres              | 8 min 51.0 sec # | 9 min 02 sec #   | 9 min 15.5 sec   | 9 min 42 .0 sec # |
| 1,500 metres Steeplechase | 4min 28.5 sec *  | 4 min 34.0 sec * | 4 min 44.5 sec * | 4 min 58.5 sec *  |
| 100 metres Hurdles        | 13.7 sec         | 14.0 sec         | 14.4 sec *       | 15.2 sec *        |
| 400 metres Hurdles        | 57.0 sec #       | 58.2 sec *       | 60.3 sec *       | 62.7 sec #        |
| High Jump                 | 1.90 metres *    | 1.85 metres *    | 1.77 metres *    | 1.70 metres       |
| Pole Vault                | 4.10 metres *    | 3.90 metres *    | 3.50 metres      | 3.00 metres       |
| Long Jump                 | 6.35 metres #    | 6.20 metres      | 5.90 metres      | 5.60 metres       |
| Triple Jump               | 12.90 metres #   | 12.55 metres     | 12.10 metres     | 11.45 metres      |
| Shot                      | 13.20 metres #   | 12.45 metres #   | 11.60 metres #   | 10.70 metres      |
| Discus                    | 40.90 metres #   | 36.65 metres #   | 33.25 metres *   | 28.50 metres *    |
| Hammer                    | 57.40 metres #   | 49.55 metres *   | 42.50 metres *   | 28.90 metres #    |
| Javelin                   | 51.15 metres *   | 47.20 metres *   | 43.70 metres *   | 38.80 metres *    |
| Octathlon                 | 4825 points *    | 4525 points *    | 4285 points *    | 3790 points *     |
| 3,000 metres Walk         | 14 min 50.0 sec  | 15 min 10.0 sec  | 16 min.00.0 sec  | 17 min 00.0 sec   |
| 5,000 metres Walk         | 24 min 40 sec    | 25 min 00.0 sec  | 25 min 50.0 sec  | 27 min 42.0 sec   |

### Indoor

|                   |            |            |            |            |
|-------------------|------------|------------|------------|------------|
| 60 metres         | 7.15 sec   | 7.25 sec * | 7.40 sec   | 7.55 sec * |
| 60 metres Hurdles | 8.25 sec * | 8.40 sec * | 8.60 sec # | 8.95 sec # |

## Under 15 Boys

| Event             | Grade 1          | Grade 2          | Grade 3          | Grade 4           |
|-------------------|------------------|------------------|------------------|-------------------|
| 100 metres        | 11.7 sec         | 11.9 sec         | 12.1 sec         | 12.5 sec          |
| 200 metres        | 23.9 sec *       | 24.4 sec         | 24.8 sec *       | 25.6 sec          |
| 300 metres        | 37.4 sec ^       | 38.1 sec ^       | 38.8 sec ^       | 39.9 sec ^        |
| 400 metres        | 54.5 sec *       | 55.6 sec *       | 57.2 sec #       | 59.3 sec #        |
| 800 metres        | 2 min 06.5 sec   | 2 min 10.0 sec   | 2 min 12.9 sec * | 2 min 18.5 sec    |
| 1,500 metres      | 4 min 23.5 sec # | 4 min 29.5 sec # | 4 min 35.5 sec   | 4 min 47.5 sec #  |
| 3,000 metres      | 9 min 27.5 sec # | 9 min 38.0 sec # | 9 min 51.5 sec # | 10 min 11.5 sec # |
| 80 metres Hurdles | 12.1 sec #       | 12.4 sec #       | 12.8 sec #       | 13.5 sec #        |
| High Jump         | 1.70 metres      | 1.66 metres      | 1.60 metres      | 1.54 metres #     |
| Pole Vault        | 3.40 metres *    | 3.25 metres *    | 2.95 metres *    | 2.50 metres *     |
| Long Jump         | 5.70 metres      | 5.50 metres #    | 5.30 metres #    | 5.00 metres       |
| Triple Jump       | 11.85 metres #   | 11.45 metres #   | 11.05 metres #   | 10.45 metres      |
| Shot              | 12.45 metres *   | 11.75 metres     | 10.95 metres     | 10.15 metres      |
| Discus            | 36.05 metres *   | 32.80 metres *   | 30.10 metres *   | 25.45 metres #    |
| Hammer            | 44.30 metres #   | 41.20 metres *   | 34.85 metres *   | 27.15 metres #    |
| Javelin           | 44.00 metres *   | 40.50 metres *   | 36.65 metres #   | 32.60 metres #    |
| Pentathlon        | 2575 points      | 2400 points      | 2160 points #    | 1860 points *     |
| 3,000 metres Walk | 14 min 53.0 sec  | 15 min 45.0 sec  | 16 min 33.0 sec  | 17 min 16.0 sec   |

### Indoor

|                   |            |            |            |            |
|-------------------|------------|------------|------------|------------|
| 60 metres         | 7.40 sec   | 7.50 sec * | 7.65 sec   | 7.85 sec   |
| 60 metres Hurdles | 8.90 sec # | 9.00 sec # | 9.15 sec # | 9.45 sec # |

## Under 13 Boys

| Event             | Grade 1         | Grade 2          | Grade 3          | Grade 4         |
|-------------------|-----------------|------------------|------------------|-----------------|
| 75 metres         | 10.7 sec        | 10.9 sec         | 11.4 sec         | 12.1 sec        |
| 100 metres        | 12.9 sec        | 13.2 sec #       | 13.5 sec #       | 14.0 sec #      |
| 150 metres        | 20.0 sec        | 20.5 sec         | 21.5 sec         | 22.5 sec        |
| 200 metres        | 26.7 sec        | 27.4 sec *       | 28.0 sec         | 29.1 sec #      |
| 800 metres        | 2 min 22.0 sec  | 2 min 25.7 sec # | 2 min 29.0 sec * | 2 min 34.5 sec  |
| 1,500 metres      | 4 min 50.5 sec  | 4 min 56.5 sec   | 5 min 03.5 sec   | 5 min 16.0 sec  |
| 75 metres Hurdles | 13.1 sec        | 13.5 sec #       | 14.1 sec #       | 15.3 sec #      |
| High Jump         | 1.45 metres     | 1.40 metres      | 1.35 metres      | 1.30 metres     |
| Long Jump         | 4.70 metres     | 4.55 metres #    | 4.40 metres #    | 4.15 metres     |
| Shot              | 9.50 metres #   | 8.85 metres #    | 8.15 metres *    | 7.20 metres *   |
| Discus            | 25.15 metres #  | 22.55 metres #   | 19.75 metres *   | 16.00 metres #  |
| Javelin           | 31.00 metres #  | 28.00 metres #   | 25.70 metres     | 21.55 metres *  |
| 2,000 metres Walk | 10 min 48.0 sec | 11 min 15.0 sec  | 11 min 50.0 sec  | 12 min 30.0 sec |
| <b>Indoor</b>     |                 |                  |                  |                 |
| 60 metres         | 8.15 sec #      | 8.30 sec         | 8.40 sec *       | 8.60 sec        |

## Standards for Women and Girls 2013-14

\*Improved standard, # reduced standard; ^ new event

### Senior Women

| Event                     | Grade 1           | Grade 2           | Grade 3           |
|---------------------------|-------------------|-------------------|-------------------|
| 100 metres                | 12.2 sec          | 12.4 sec          | 12.7 sec          |
| 200 metres                | 24.7 sec *        | 25.2 sec          | 25.8 sec *        |
| 400 metres                | 56.0 sec *        | 57.3 sec *        | 59.1 sec *        |
| 800 metres                | 2 min 09.3 sec    | 2 min 13.3 sec #  | 2 min 17.6 sec #  |
| 1,500 metres              | 4 min 27.5 sec    | 4 min 34 sec      | 4 min 43.0 sec #  |
| 3,000 metres              | 9 min 38.0 sec *  | 9 min 57.0 sec *  | 10 min 23.0 sec # |
| 5,000 metres              | 15 min 49.5 sec # | 16 min 24.5 sec # | 17 min 06.5 sec # |
| 10,000 metres             | 32 min 36.0 sec * | 33 min 16.0 sec * | 35 min 18.0 sec * |
| 1,500 metres Steeplechase | 5 min 26.0 sec    | 5 min 35.0 sec    | 5 min 45.0 sec    |
| 2,000 metres Steeplechase | 6 min 56.0 sec *  | 7 min 13.0 sec *  | 7 min 34.0 sec #  |
| 100 metres Hurdles        | 13.9 sec          | 14.4 sec *        | 15.1 sec *        |
| 400 metres Hurdles        | 60.7 sec *        | 63.9 sec *        | 66.2 sec *        |
| High Jump                 | 1.70 metres #     | 1.65 metres #     | 1.60 metres #     |
| Pole Vault                | 3.65 metres       | 3.50 metres *     | 3.10 metres       |
| Long Jump                 | 5.75 metres       | 5.55 metres *     | 5.45 metres *     |
| Triple Jump               | 11.70 metres*     | 11.15 metres *    | 10.65 metres      |
| Shot                      | 11.80 metres *    | 11.05 metres*     | 10.10 metres *    |
| Discus                    | 40.50 metres *    | 37.65 metres *    | 33.20 metres *    |
| Hammer                    | 50.85 metres *    | 44.55 metres #    | 39.00 metres *    |
| Javelin                   | 40.55 metres #    | 36.00 metres *    | 32.15 metres #    |
| Heptathlon                | 5440 points *     | 5225 points *     | 4460 points *     |
| 3,000 metres Walk         | 14 min 50.0 sec   | 15 min 20.0 sec   | 15 min 40.0 sec   |
| 5,000 metres Walk         | 24 min 30.0 sec   | 26 min 00.0 sec   | 26 min 50.0 sec   |
| 10,000 metres Walk        | 53 min 00.0 sec   | 58 min 00.0 sec   | 61 min 00.0 sec   |
| <b>Indoor</b>             |                   |                   |                   |
| 60 metres                 | 7.70 sec          | 7.85 sec          | 8.05 sec          |
| 60 metres Hurdles         | 8.45 sec *        | 8.70 sec *        | 8.90 sec          |

### Under 20 Women (Junior)

| Event      | Grade 1    | Grade 2    | Grade 3    |
|------------|------------|------------|------------|
| 100 metres | 12.1 sec * | 12.3 sec * | 12.6 sec * |

|                           |                  |                   |                   |
|---------------------------|------------------|-------------------|-------------------|
| 200 metres                | 24.7 sec *       | 25.3 sec *        | 25.8 sec*         |
| 400 metres                | 56.7 sec *       | 58.2 sec          | 59.8 sec          |
| 800 metres                | 2 min 10.0 sec * | 2 min 12.8 sec *  | 2 min 17.0 sec #  |
| 1,500 metres              | 4 min 27.0 sec * | 4 min 34.0 sec    | 4 min 41.5 sec    |
| 3,000 metres              | 9 min 49.5 sec # | 10 min 01.5 sec # | 10 min 29.5 sec # |
| 1,500 metres Steeplechase | 5 min 08.5 sec * | 5 min 13.5 sec *  | 5 min 34.5 sec #  |
| 2,000 metres Steeplechase | 7 min 04.5 sec   | 7 min 13.5 sec    | 7 min 29.0 sec    |
| 100 metres Hurdles        | 14.2 sec *       | 14.5 sec *        | 15.3 sec *        |
| 400 metres Hurdles        | 62.0 sec *       | 65.4 sec #        | 67.2 sec *        |
| High Jump                 | 1.73 metres *    | 1.69 metres       | 1.61 metres       |
| Pole Vault                | 3.70 metres *    | 3.55 metres *     | 3.25 metres *     |
| Long Jump                 | 5.65 metres #    | 5.45 metres #     | 5.25 metres       |
| Triple Jump               | 11.50 metres #   | 11.10 metres *    | 10.65 metres      |
| Shot                      | 11.55 metres *   | 10.80 metres *    | 9.85 metres *     |
| Discus                    | 39.50 metres *   | 36.60 metres *    | 32.70 metres *    |
| Hammer                    | 51.75 metres *   | 45.65 metres *    | 39.95 metres *    |
| Javelin                   | 42.15 metres *   | 39.10 metres *    | 33.95 metres *    |
| Heptathlon                | 5225 points *    | 4635 points *     | 4080 points #     |
| 3,000 metres Walk         | 15 min 40.0 sec  | 16 min 20.0 sec   | 17 min 00.0 sec   |
| 5,000 metres Walk         | 26 min 25.0 sec  | 27 min 30.0 sec   | 28 min 35.0 sec   |
| 10,000 metres Walk        | 55 min 50.0 sec  | 58 min 00.0 sec   | 60 min 10.0 sec   |

### Indoor

|                   |            |            |            |
|-------------------|------------|------------|------------|
| 60 metres         | 7.70 sec   | 7.90 sec # | 8.00 sec * |
| 60 metres Hurdles | 8.70 sec * | 8.85 sec * | 9.10 sec * |

## Under 17 Women

| Event              | Grade 1           | Grade 2           | Grade 3           | Grade 4          |
|--------------------|-------------------|-------------------|-------------------|------------------|
| 100 metres         | 12.4 sec          | 12.6 sec          | 12.8 sec          | 13.1 sec         |
| 200 metres         | 25.6 sec #        | 26.0 sec #        | 26.4 sec #        | 27.0 sec *       |
| 300 metres         | 41.3 sec *        | 42.0 sec          | 42.9 sec *        | 44.4 sec         |
| 400 metres         | 58.6 sec          | 59.5 sec          | 60.2 sec          | 62.0 sec         |
| 800 metres         | 2 min 14.4 sec *  | 2 min 17 .5 sec   | 2 min 20.1 sec *  | 2 min 25.9 sec   |
| 1,500 metres       | 4 min 37.5 sec *  | 4 min 44.5 sec *  | 4min 53.0 sec *   | 5 min 04.1 sec * |
| 3,000 metres       | 10 min 12.5 sec # | 10 min 25.0 sec * | 10 min 52.0 sec # | 11min 22.5 sec * |
| 1500m Steeplechase | 5 min 29.0 sec ^  | 5 min 43.0 sec ^  | 5 min 57.5 sec ^  | 6 min 28.5 sec ^ |
| 80 metres Hurdles  | 11.9 sec *        | 12.1 sec *        | 12.5 sec *        | 13.2 sec         |
| 300 metres Hurdles | 45.2 sec *        | 45.8 sec *        | 47.6 sec *        | 50.2 sec #       |
| High Jump          | 1.65 metres       | 1.60 metres #     | 1.55 metres       | 1.50 metres      |
| Pole Vault         | 3.50 metres *     | 3.30 metres *     | 2.90 metres       | 2.52 metres *    |
| Long Jump          | 5.35 metres       | 5.25 metres *     | 5.10 metres *     | 4.80 metres *    |
| Triple Jump        | 10.95 metres *    | 10.55 metres #    | 10.10 metres      | 9.50 metres *    |
| Shot               | 9.95 metres       | 9.40 metres *     | 8.65 metres #     | 7.80 metres      |
| Discus             | 34.60 metres *    | 31.20 metres #    | 27.40 metres #    | 23.20 metres #   |
| Hammer             | 40.40 metres *    | 37.15metres *     | 29.95 metres #    | 23.25 metres *   |
| Javelin            | 35.55 metres #    | 32.50 metres #    | 28.80 metres #    | 24.95 metres *   |
| Heptathlon         | 4135 points #     | 3965 points *     | 3695 points #     | 3175 points *    |
| 3,000 metres Walk  | 15 min 48.0 sec   | 16 min 00.0 sec   | 16 min 13.0 sec   | 17 min 42.0 sec  |
| 5,000 metres Walk  | 26 min 25.0 sec   | 26 min 40.0 sec   | 27 min 04.0 sec   | 29 min 25.0 sec  |
| Indoor             |                   |                   |                   |                  |
| 60 metres          | 7.90 sec #        | 8.05 sec #        | 8.20 sec #        | 8.35 sec         |
| 60 metres Hurdles  | 9.00 sec #        | 9.20 sec #        | 9.35 sec          | 9.80 sec         |

## Under 15 Girls

| Event | Grade 1 | Grade 2 | Grade 3 | Grade 4 |
|-------|---------|---------|---------|---------|
|-------|---------|---------|---------|---------|

|                   |                   |                   |                   |                   |
|-------------------|-------------------|-------------------|-------------------|-------------------|
| 100 metres        | 12.8 sec          | 13.0 sec #        | 13.2 sec #        | 13.5 sec          |
| 200 metres        | 26.5 sec #        | 26.9 sec #        | 27.3 sec #        | 28.0 sec          |
| 800 metres        | 2 min 19.4 sec *  | 2 min 22.3 sec *  | 2 min 25.9 sec *  | 2 min 31.0 sec    |
| 1,500 metres      | 4 min 48.2 sec *  | 4 min 54.5 sec *  | 5min 01.8 sec *   | 5 min 14.7 sec*   |
| 3,000 metres      | 10 min 20.0 sec * | 10 min 30.6 sec * | 11 min 02.0 sec * | 11 min 38.5 sec * |
| 75 metres Hurdles | 12.2 sec #        | 12.4 sec #        | 12.8 sec #        | 13.5 sec #        |
| High Jump         | 1.56 metres *     | 1.51 metres *     | 1.49 metres *     | 1.40 metres       |
| Pole Vault        | 3.05 metres *     | 2.85 metres *     | 2.60 metres *     | 2.20 metres       |
| Long Jump         | 5.00 metres       | 4.85 metres       | 4.70 metres       | 4.45 metres       |
| Shot              | 9.80 metres #     | 9.25 metres *     | 8.60 metres       | 7.90 metres *     |
| Discus            | 27.55 metres *    | 25.10 metres *    | 22.55 metres *    | 19.65 metres      |
| Hammer            | 42.60 metres *    | 38.90 metres *    | 34.20 metres *    | 24.50 metres *    |
| Javelin           | 28.75 metres #    | 26.40 metres *    | 23.85 metres      | 20.35 metres #    |
| Pentathlon        | 2740 points *     | 2610 points *     | 2355 points #     | 1820 points #     |
| 2,500 metres Walk | 13 min 35.0 sec   | 14 min 00.0 sec   | 14 min 30.0 sec   | 16 min 10.0 sec   |
| 3,000 metres Walk | 16 min 15.0 sec   | 16 min 45.0 sec   | 17 min 20.0 sec   | 19 min 20.0 sec   |
| <b>Indoor</b>     |                   |                   |                   |                   |
| 60 metres         | 8.20 sec #        | 8.30 sec #        | 8.45 sec          | 8.80 sec #        |
| 60 metres Hurdles | 9.45 sec #        | 9.65 sec #        | 9.85 sec #        | 10.20 sec #       |

## Under 13 Girls

| Event             | Grade 1          | Grade 2          | Grade 3          | Grade 4          |
|-------------------|------------------|------------------|------------------|------------------|
| 75 metres         | 10.4 sec         | 10.6 sec         | 10.9 sec         | 11.3 sec         |
| 100 metres        | 13.6 sec         | 13.8 sec         | 14.1 sec         | 14.5 sec         |
| 150 metres        | 20.7 sec #       | 21.1 sec #       | 21.7 sec #       | 22.4 sec         |
| 200 metres        | 28.4 sec #       | 29.0 sec         | 29.6 sec         | 30.7 sec*        |
| 600 metres        | 1 min 45.4 sec ^ | 1 min 47.7 sec ^ | 1 min 50.0 sec ^ | 1 min 52.6 sec ^ |
| 800 metres        | 2 min 29.0 sec * | 2 min 31.9 sec # | 2 min 35.1 sec * | 2 min 41.0 sec   |
| 1200 metres       | 3 min 56.6 sec * | 4 min 00.0 sec * | 4min 06.3 sec *  | 4 min 13.7 sec * |
| 1500 metres       | 5 min 05.9 sec # | 5 min 10.7 sec * | 5 min 21.0 sec # | 5 min 35.8 sec * |
| 70 metres Hurdles | 11.9 sec *       | 12.2 sec *       | 12.7 sec *       | 13.3 sec *       |
| High Jump         | 1.40 metres      | 1.35 metres      | 1.30 metres      | 1.24 metres #    |
| Long Jump         | 4.50 metres *    | 4.35 metres      | 4.20 metres      | 3.95 metres      |
| Shot              | 8.50 metres *    | 7.85 metres      | 7.25 metres #    | 6.50 metres #    |
| Discus            | 22.15 metres *   | 20.44 metres *   | 18.20 metres *   | 14.50 metres #   |
| Javelin           | 24.60 metres #   | 22.25 metres #   | 18.95 metres #   | 15.35 metres #   |
| Pentathlon        | 2185 points #    | 2080 points #    | 1945 points #    | 1665 points #    |
| 2,000 metres Walk | 11 min 30.0 sec  | 11 min 50.0 sec  | 12 min 40.0 sec  | 13 min 20.0 sec  |
| 2,500 metres Walk | 14 min 35.0 sec  | 14 min 55.0 sec  | 15 min 55.0 sec  | 16 min 45.0 sec  |
| <b>Indoor</b>     |                  |                  |                  |                  |
| 60 metres         | 8.45 sec *       | 8.70 sec *       | 8.85 sec         | 9.10 sec *       |