Under 15 Girls

Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	12.7 sec	12.9 sec	13.1 sec *	13.5 sec
200 metres	26.3 sec	26.7 sec	27.2 sec	28.0 sec
300 metres	42.3 sec *	43.2 sec *	44.2 sec *	45.7 sec
800 metres	2 min 19.3 sec *	2 min 22.1 sec *	2 min 25.6 sec #	2 min 31.3 sec #
1,500 metres	4 min 49.0 sec *	4 min 54.5 sec *	5 min 01.5 sec *	5 min 13.5 sec *
3,000 metres	10 min 27.0 sec *	10 min 36.0 sec *	11 min 02.0 sec #	11 min 34.5 sec *
75 metres Hurdles	11.8 sec *	12.2 sec	12.6 sec	13.4 sec
High Jump	1.58 metres *	1.54 metres	1.50 metres *	1.41 metres
Pole Vault	2.90 metres #	2.75 metres #	2.50 metres	2.20 metres
Long Jump	5.10 metres *	4.95 metres *	4.75 metres *	4.45 metres #
Triple Jump ~	10.80 metres	10.30 metres	9.75 metres	9.00 metres
Shot 3k	10.15 metres	9.55 metres *	8.85 metres	7.95 metres
Discus	28.45 metres *	26.15 metres *	22.65 metres #	19.50 metres #
Hammer	41.10 metres #	35.50 metres #	30.10 metres #	24.30 metres *
Javelin 500g	32.25 metres #	29.95 metres *	27.30 metres *	22.50 metres
Pentathlon	2900 points	2745 points *	2455 points *	2105 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
Indoor				
60 metres	8.15 sec	8.30 sec	8.50 sec	8.75 sec
60 metres Hurdles	9.35 sec *	9.50 sec *	9.75 sec	10.15 sec *
Pentathlon	3005 points #	2785 points #	2575 points #	2210 points #

Under 13 Girls

Event	Grade 1	Grade 2	Grade 3	Grade 4
75 metres	10.4 sec	10.6 sec	10.8 sec *	11.2 sec *
100 metres	13.5 sec *	13.8 sec	14.1 sec	14.6 sec #
150 metres	20.3 sec *	20.7 sec *	21.4 sec *	22.4 sec
200 metres	28.3 sec *	28.7 sec *	29.6 sec #	30.7 sec #
600 metres	1 min 43.7 sec *	1 min 46.9 sec *	1 min 49.7 sec *	1 min 52.8 sec *
800 metres	2 min 27.5 sec *	2 min 31.0 sec *	2 min 34.5 sec *	2 min 41.0 sec *
1,200 metres	3 min 57.5 sec #	4 min 01.5 sec #	4 min 06.0 sec #	4 min 13.5 sec
1,500 metres	5 min 06.0 sec #	5 min 12.5 sec	5 min 21.0 sec *	5 min 36.5 sec #
70 metres Hurdles	12.0 sec #	12.2 sec	12.6 sec #	13.3 sec
High Jump	1.41 metres *	1.35 metres	1.30 metres	1.25 metres
Long Jump	4.50 metres	4.35 metres	4.20 metres	3.95 metres
Shot	8.50 metres *	8.00 metres *	7.35 metres *	6.55 metres
Discus	22.40 metres #	20.35 metres #	17.90 metres #	15.10 metres #
Javelin	24.60 metres #	22.70 metres *	19.20 metres *	15.30 metres #
Pentathlon	2380 points #	2220 points	1975 points #	1695 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
Indoor				
60 metres	8.50 sec *	8.65 sec	8.85 sec	9.15 sec #
60 metres Hurdles	9.75 sec *	10.05 sec *	10.40 sec	10.70 sec #





Patron: Her Majesty, The Queen

STANDARDS SCHEME

2019-2020

(For competition between 1st April, 2019 and 31st March, 2021.)

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 have not been included due to there being insufficient data on which to base a realistic standard, i.e. performances by less than 50 individuals. Although 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.

As 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

AAA STANDARDS SCHEME

This Association will for the 2019 & 2020 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 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.

- 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 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.
- 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; 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

Event	Grade 1	Grade 2	Grade 3
100 metres Hurdles	14.3 sec*	14.7 sec	15.2 sec *
400 metres Hurdles	63.0 sec *	64.2 sec *	66.7 sec
High Jump	1.75 metres	1.69 metres *	1.61 metres #
Pole Vault	3.80 metres *	3.60 metres	3.25 metres *
Long Jump	5.65 metres *	5.50 metres *	5.25 metres *
Triple Jump	11.60 metres *	11.20 metres *	10.75 metres *
Shot	11.65 metres *	11.00 metres *	10.10 metres *
Discus	40.80 metres #	38.10 metres #	33.05 metres #
Hammer	53.75 metres *	48.90 metres *	41.85 metres *
Javelin	40.50 metres *	37.85 metres #	34.90 metres *
Heptathlon	5280 points *	4735 points *	4385 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 #	7.80 sec	8.00 sec
60 metres Hurdles	8.65 sec #	8.80 sec #	9.05 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	25.5 sec	25.8 sec *	26.3 sec *	27.0 sec
300 metres	40.9 sec	41.8 sec *	42.9 sec	44.3 sec
400 metres	58.1 sec *	59.3 sec *	60.8 sec #	62.8 sec*
800 metres	2 min 15.5 sec #	2 min 17.0 sec *	2 min 20.5 sec	2 min 26.0 sec
1,500 metres	4 min 38.0 sec	4 min 45.5 sec #	4 min 53.0 sec #	5 min 03.5 sec *
3,000 metres	10 min 13.5 sec #	10 min 27.5 sec #	10 min 43.5 sec *	11 min 15.0 sec *
1500 metres S/C	5 min 14.5 sec #	5min 22.0 sec #	5 min 33.5 sec *	6 min 02.0 sec *
80 metres Hurdles	11.7 sec *	12.0 sec *	12.5 sec	13.2 sec #
300 metres Hurdles	45.0 sec #	45.9 sec *	47.5 sec #	49.6 sec *
High Jump	1.66 metres *	1.60 metres	1.55 metres	1.50 metres
Pole Vault	3.50 metres #	3.30 metres #	3.00 metres #	2.60 metres *
Long Jump	5.45 metres	5.30 metres	5.10 metres	4.80 metres *
Triple Jump	10.85 metres *	10.50 metres	10.15 metres *	9.50 metres *
Shot 3k	12.05 metres #	11.15 metres #	10.40 metres *	9.90 metres *
Discus	33.15 metres #	30.10 metres #	27.40 metres #	23.25 metres #
Hammer	52.15 metres #	46.00 metres *	40.45 metres *	28.40 metres #
Javelin	40.30 metres *	36.60 metres *	32.45 metres #	27.80 metres *
Heptathlon	4560 points #	4325 points #	3835 points #	3335 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	7.85 sec	7.95 sec	8.10 sec *	8.35 sec
60 metres Hurdles	8.85 sec *	9.05 sec	9.35 sec #	9.80 sec
Pentathlon	3605 points *	3385 points#	3235 points *	2705 points *

Standards for Women and Girls 2019-20

*Improved standard, # reduced standard; ^ new event or specification; ~ event not in common use but with 50 or more performances

Standards for Men and Boys 2019-20

*Improved standard, # reduced standard; ^ new event or specification; ~ event not in common use but with 50 or more performances

Senior Women

Event	Grade 1	Grade 2	Grade 3
100 metres	12.2 sec	12.4 sec	12.6 sec *
150 metres ~	17.8 sec *	18.6 sec *	19.1 sec *
200 metres	24.7 sec *	25.3 sec	25.7 sec
300 metres ~	40.6 sec *	41.4 sec	42.1 sec *
400 metres	55.6 sec*	57.2 sec	59.2 sec
600 metres ~	1 min 31.5 sec	1 min 33.0 sec	1 min 36.0 sec
800 metres	2 min 10.0 sec #	2 min 13.9 sec #	2 min 17.7 sec *
1,500 metres	4 min 28.0 sec #	4 min 35.0 sec	4 min 44.5 sec *
1 Mile ~	4 min 34.0 sec *	4 min 50.0sec #	4 min 59.0 sec #
3,000 metres	9 min 39.0 sec #	9 min 55.5 sec *	10 min 21.5 sec *
5,000 metres	16 min 13.0 sec #	16 min 37 .0 sec #	17 min 39.0 sec #
10,000 metres	32 min 38.5 sec #	33 min 48.0 sec #	35 min 42.0 sec #
1,500 metres S/C	5 min 12.0 sec	5 min 23.5 sec *	5 min 38.0 sec #
2,000 metres S/C	6 min 56.0 sec #	7 min 10.0 sec *	7 min 38.0 sec *
100 metres Hurdles	13.9 sec *	14.4 sec *	15.0 sec *
300 metres Hurdles ~	44.4 sec *	45.4 sec *	46.9 sec #
400 metres Hurdles	60.2 sc *	62.6 sec *	65.4 sec *
High Jump	1.70 metres *	1.65 metres	1.60 metres
Pole Vault	3.75 metres *	3.50 metres	3.15 metres *
Long Jump	5.65 metres *	5.45 metres	5.25 metres
Triple Jump	11.75 metres *	11.20 metres *	10.65 metres *
Shot	12.30 metres *	11.35 metres *	10.40 metres *
Discus	41.10 metres #	37.00 metres *	32.35 metres #
Hammer	53.75 metres *	47.80 metres *	40.75 metres *
Javelin	40.25 metres #	37.45 metres #	33.75 metres*
Heptathlon	5485 points *	5280 points *	4545 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
Indoor	33	30 0010 300	0 · · · · · · · · · · · · · · · · · · ·
60 metres	7.75 sec	7.85 sec	8.05 sec
60 metres Hurdles	8.50 sec *	8.65 sec *	8.90 sec *
Pentathlon	4075 points #	3900 points *	3715 points *
Junior Women			
Event	Grade 1	Grade 2	Grade 3
100 motros	12.1 cos *	13.2 cos *	12.5 cos *

Event	Grade 1	Grade 2	Grade 3	
100 metres	12.1 sec *	12.3 sec *	12.5 sec *	
200 metres	24.7 sec *	25.1 sec *	25.7 sec *	
400 metres	56.7 sec *	58.0 sec *	59.6 sec *	
800 metres	2 min 11.0 sec #	2 min 13.0 sec	2 min 16.5 sec *	
1,500 metres	4 min 29.5 sec #	4 min 33.5 sec *	4 min 41.0 sec *	
3,000 metres	9 min 44.5 sec *	9 min 54.5 sec *	10 min 22.0 sec *	
1,500 metres S/C	5 min 04.0 sec *	5 min 13.5 sec *	5 min 36.5 sec #	

Senior Men

Event	Grade 1	Grade 2	Grade 3
100 metres	10.7 sec	10.9 sec	11.1 sec
200 metres	21.6 sec	22.0 sec	22.4 sec
300 metres ^ ~	34.3 sec	34.8 sec	35.3 sec
400 metres	48.5 sec #	49.3 sec *	50.3 sec *
800 metres	1 min 51.8 sec	1 min 54.0 sec #	1 min 56.8 sec #
1,500 metres	3 min 49.5 sec #	3 min 55.0 sec #	4 min 00.5 sec #
1 mile ~	4 min 02.0 sec #	4 min 06.0 sec #	4 min 13.5 sec #
3,000 metres	8 min 17.0 sec*	8 min 28.5 sec *	8 min 43.5 sec *
5,000 metres	14 min 20.0 sec *	14 min 47.0 sec *	15min 19.0 sec
10,000 metres	29 min 57.0 sec #	30 min 45.0 sec #	31 min 48.0 sec *
2,000 metres S/C	6 min 04.0 sec #	6 min 17.0 sec #	6 min 27.0 sec *
3,000 metres S/C	8 min 59.0 sec *	9 min 27.0 sec #	9 min 51.0 sec #
110 metres Hurdles	14 .5 sec #	14.9 sec #	15.5 sec #
400 metres Hurdles ~	52.6 sec *	54.7 sec	57.2 sec #
High Jump	2.03 metres *	1.96 metres	1.90 metres
Pole Vault	4.70 metres #	4.40 metres *	4.00 metres
Long Jump	7.05 metres	6.75 metres	6.45 metres
Triple Jump	14.60 metres *	13.70 metres #	13.10 metres
Shot	14.55 metres *	13.60 metres *	12.35 metres *
Discus	45.05 metres *	41.25 metres *	37.25 metres *
Hammer	57.90 metres *	49.80 metres *	42.55 metres #
Javelin	57.30 metres #	53.70 metres #	48.10 metres *
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	22 min 50.0 sec	23 min 05.0 sec
10,000 metres Walk	44 min 20.0 sec	46 min 50.0 sec	48 min 35.0 secc
Indoor			
60 metres	6.95 sec *	7.05 sec *	7.15 sec *
60 metres Hurdles	8.00 sec	8.20 sec *	8.55 sec #

Junior Men

Event	Grade 1	Grade 2	Grade 3
100 metres	10.8 sec #	11.0 sec	11.2 sec
200 metres	22.0 sec *	22.2 sec *	22.7 sec
400 metres	49.3 sec*	50.1 sec	51.0 sec *
800 metres	1 min 53.4 sec	1 min 55.0 sec	1 min 57.5 sec
1,500 metres	3 min 55.5 sec #	3 min 58.5 sec #	4 min 04.0 sec
3,000 metres	8 min 33.0 sec #	8 min 41.5 sec *	8 min 54.0 sec *
5,000 metres	15 min 00.0 sec #	15 min 10.0 sec #	15 min 33.0 sec*
2000 metres S/C	6 min 04.0 sec *	6 min 16.5 sec	6 min 25.0 sec *
110 metres Hurdles	14.0 sec *	14.7 sec *	15.4 sec
400 metres Hurdles	52.5 sec *	55.1 sec	57.5 sec #
High Jump	2.01 metres *	1.95 metres	1.89 metres #
Pole Vault	4.52 metres #	4.35 metres #	4.10 metres *

Event	Grade 1	Grade 2	Grade 3	
Long Jump	6.86 metres *	6.60 metres	6.35 metres #	
Triple Jump	14.40 metres *	13.55 metres *	12.95 metres	
Shot	14.15 metres *	13.20 metres #	12.30 metres	
Discus	45.75 metres *	41.65 metres *	36.90 metres *	
Hammer	63.25 metres *	57.75 metres #	43.45 metres #	
Javelin	55.50 metres #	52.05 metres #	46.10 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	15 11111 10.0 500	17 11111 33.0 300	17 11111 10.0 300	
60 metres	6.95 sec *	7.05 sec *	7.15 sec *	
60 metres Hurdles	8.00 sec	8.20 sec *	8.55 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	22.6 sec	23.0 sec	23.4 sec	24.1 sec
400 metres	50.9 sec *	51.7 sec *	52.8 sec *	54.2 sec *
800 metres	1 min 57.9 sec *	1 min 59.4 sec *	2 min 01.9 sec *	2 min 06.5 sec *
1,500 metres	4 min 05.8 sec *	4 min 10.5 sec *	4 min 17.0 sec *	4 min 26.0 sec *
3,000 metres	8 min 51.5 sec *	9 min 01.5 sec *	9 min 15.5 sec *	9 min 41.0 sec *
1,500 metres S/C	4 min 33.8 sec #	4 min 37.5 sec #	4 min 48.7 sec #	4 min 58.0 sec *
100 metres Hurdles	13.8 sec	14.1 sec	14.6 sec	15.4 sec
400 metres Hurdles	56.3 sec *	57.7 sec #	59.5 sec #	61.7 sec *
High Jump	1.89 metres *	1.85 metres	1.80 metres *	1.70 metres
Pole Vault	4.15 metres *	4.00 metres *	3.50 metres	3.00 metres
Long Jump	6.40metres *	6.20 metres *	5.95 metres	5.60 metres
Triple Jump	13.10 metres #	12.65 metres *	12.15 metres *	11.50 metres *
Shot	13.75 metres *	12.80 metres *	11.90 metres *	10.75 metres *
Discus	40.25 metres #	38.10 metres *	34.55 metres *	28.95 metres *
Hammer	59.00 metres *	49.15 metres *	40.40 metres *	31.40 metres *
Javelin	52.45 metres *	49.30 metres *	44.65 metres *	38.80 metres #
Octathlon	4890 points #	4715 points *	4415 points *	4000 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 40.0 sec	25 min 00.0 sec	25 min 50.0 sec	27 min 42.0 sec
Indoor	24 11111 40.0 SEC	23 11111 00.0 Sec	23 11111 30.0 Sec	27 111111 42.0 SEC
	7 20 505 #	7 20 505 #	7.40 505 #	7 5 5 5 5 5
60 metres	7.20 sec #	7.30 sec #	7.40 sec #	7.55 sec
60 metres Hurdles	8.35 sec #	8.45 sec #	8.60 sec	9.00 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	23.8 sec*	24.2 sec	24.8 sec	25.6 sec
300 metres	38.7 sec	39.4 sec	40.4 sec *	42.2 sec #
400 metres ~	53.8 sec *	54.6 sec *	56.1 sec *	58.6 sec *
800 metres	2 min 06.0 sec *	2 min 09.0 sec *	2 min 13.0 sec	2 min 18.0 sec

Event	Grade 1	Grade 2	Grade 3	Grade 4
1,500 metres	4 min 21.5 sec	4 min 26.5 sec *	4 min 34.0 sec *	4 min 46.0 sec *
3,000 metres	9 min 21.5 sec	9 min 31.0 sec *	9 min 43.5 sec *	10 min 12.5 sec #
80 metres Hurdles	11.9 sec	12.3 sec #	12.7 sec	13.3 sec *
High Jump	1.73 metres *	1.67 metres	1.60 metres	1.55 metres
Pole Vault	3.50 metres *	3.30 metres *	2.85 metres	2.40 metres
Long Jump	5.75 metres	5.55 metres	5.35 metres *	5.00 metres
Triple Jump	12.15 metres*	11.70 metres *	11.25 metres *	10.50 metres*
Shot	12.40 metres #	11.75 metres #	11.05 metres #	10.10 metres
Discus	36.10 metres *	32.30 metres	29.60 metres *	25.40 metres #
Hammer	44.60 metres #	38.80 metres #	32.50 metres #	26.60 metres #
Javelin	43.00 metres #	40.50 metres #	37.20 metres #	32.40 metres #
Pentathlon	2670 points	2485 points	2285 points	1925 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	7.55 sec *	7.65 sec *	7.85 sec *	8.25 sec *

Under 13 Boys

Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	12.9 sec *	13.1 sec *	13.5 sec	13.9 sec
200 metres	26.7 sec *	27.3 sec *	28.0 sec *	29.0 sec *
800 metres	2 min 21.5 sec *	2 min 25.5 sec #	2 min 29.0 sec #	2 min 34.0 sec
1,500 metres	4 min 49.5 sec *	4 min 55.0 sec	5 min 03.5 sec #	5 min 16.0 sec #
75 metres Hurdles	12.9 sec *	13.4 sec #	14.1 sec *	15.2 sec *
High Jump	1.46 metres #	1.41 metres	1.35 metres	1.30 metres
Long Jump	4.75 metres	4.55 metres	4.40 metres	4.15 metres
Shot (3k)	9.50 metres *	8.90 metres *	8.15 metrres *	7.15 metres *
Shot (3.25k)	9.15 metres ^	8.85 metres ^	8.15 metres ^	7.35 metres ^
Discus	23.90 metres *	21.80 metres #	19.25 metres *	16.25 metres *
Javelin	31.25 metres *	28.35 metres #	25.10 metres #	20.95 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
Indoor				
60 metres	8.00 sec *	8.25 sec	8.35 sec *	8.60 sec