| 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 | $2 \mathrm{~min} 19.3 \mathrm{sec} *$ | $2 \mathrm{~min} 22.1 \mathrm{sec} *$ | $2 \mathrm{~min} 25.6 \mathrm{sec} \#$ | $2 \mathrm{~min} 31.3 \mathrm{sec} \#$ |
| 1,500 metres | $4 \mathrm{~min} 49.0 \mathrm{sec} *$ | $4 \mathrm{~min} 54.5 \mathrm{sec} *$ | $5 \mathrm{~min} 01.5 \mathrm{sec} *$ | $5 \mathrm{~min} 13.5 \mathrm{sec} *$ |
| 3,000 metres | $10 \mathrm{~min} 27.0 \mathrm{sec} *$ | $10 \mathrm{~min} 36.0 \mathrm{sec} *$ | $11 \mathrm{~min} 02.0 \mathrm{sec} \#$ | $11 \mathrm{~min} 34.5 \mathrm{sec} *$ |
| 75 metres Hurdles | $11.8 \mathrm{sec} *$ | 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 | $10.15 \mathrm{sec} *$ |
| 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* | $29.6 \mathrm{sec} \#$ | 30.7 sec \# |
| 600 metres | $1 \mathrm{~min} 43.7 \mathrm{sec} *$ | $1 \mathrm{~min} 46.9 \mathrm{sec} *$ | 1 min 49.7 sec * | $1 \mathrm{~min} 52.8 \mathrm{sec} *$ |
| 800 metres | $2 \mathrm{~min} 27.5 \mathrm{sec} *$ | $2 \mathrm{~min} 31.0 \mathrm{sec} *$ | $2 \mathrm{~min} 34.5 \mathrm{sec} *$ | $2 \mathrm{~min} 41.0 \mathrm{sec} *$ |
| 1,200 metres | $3 \mathrm{~min} 57.5 \mathrm{sec} \#$ | $4 \mathrm{~min} 01.5 \mathrm{sec} \#$ | $4 \mathrm{~min} 06.0 \mathrm{sec} \#$ | 4 min 13.5 sec |
| 1,500 metres | $5 \mathrm{~min} 06.0 \mathrm{sec} \#$ | 5 min 12.5 sec | $5 \mathrm{~min} 21.0 \mathrm{sec} *$ | $5 \mathrm{~min} 36.5 \mathrm{sec} \#$ |
| 70 metres Hurdles | $12.0 \mathrm{sec} \#$ | 12.2 sec | $12.6 \mathrm{sec} \#$ | 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 | $9.15 \mathrm{sec} \#$ |
| 60 metres Hurdles | 9.75 sec * | 10.05 sec * | 10.40 sec | $10.70 \mathrm{sec} \#$ |



Patron: Her Majesty, The Queen

## STANDARDS SCHEME

2019-2020
(For competition between 1st April, 2019 and $31^{\text {st }}$ March, 2021.)

## 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 indoo 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.

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.
2. Standards may be obtained for ALL Indoor Events additional to the 60 metres and 60 m 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 ; 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

| 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 | $7.70 \mathrm{sec} \#$ | 7.80 sec | 8.00 sec |
| 60 metres Hurdles | $8.65 \mathrm{sec} \#$ | $8.80 \mathrm{sec} \#$ | $9.05 \mathrm{sec} \#$ |

## Under 17 Women

| Event | Grade 1 | Grade 2 | Grade 3 | Grade 4 |
| :---: | :---: | :---: | :---: | :---: |
| 100 metres | $12.4 \mathrm{sec} \#$ | 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 * | $60.8 \mathrm{sec} \#$ | $62.8 \mathrm{sec}^{*}$ |
| 800 metres | $2 \mathrm{~min} 15.5 \mathrm{sec} \#$ | $2 \mathrm{~min} 17.0 \mathrm{sec} *$ | 2 min 20.5 sec | 2 min 26.0 sec |
| 1,500 metres | 4 min 38.0 sec | $4 \mathrm{~min} 45.5 \mathrm{sec} \#$ | $4 \mathrm{~min} 53.0 \mathrm{sec} \#$ | $5 \mathrm{~min} 03.5 \mathrm{sec} *$ |
| 3,000 metres | $10 \mathrm{~min} 13.5 \mathrm{sec} \#$ | $10 \mathrm{~min} 27.5 \mathrm{sec} \#$ | $10 \mathrm{~min} 43.5 \mathrm{sec} *$ | $11 \mathrm{~min} 15.0 \mathrm{sec} *$ |
| 1500 metres S/C | $5 \mathrm{~min} 14.5 \mathrm{sec} \#$ | $5 \mathrm{~min} 22.0 \mathrm{sec} \#$ | $5 \mathrm{~min} 33.5 \mathrm{sec} *$ | 6 min 02.0 sec * |
| 80 metres Hurdles | 11.7 sec * | 12.0 sec* | 12.5 sec | $13.2 \mathrm{sec} \#$ |
| 300 metres Hurdles | $45.0 \mathrm{sec} \#$ | $45.9 \mathrm{sec} *$ | $47.5 \mathrm{sec} \#$ | 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
60 metres Hurdles
Pentathlon
7.85 se
7.95 sec

3605 points * $\quad 3385$ points\#
$\begin{array}{ll}8.10 \mathrm{sec} * & 8.35 \mathrm{sec} \\ 9.35 \mathrm{sec} \# & 9.80 \mathrm{sec}\end{array}$ 3235 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 ~ | $17.8 \mathrm{sec} *$ | 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 | $55.6 \mathrm{sec}^{*}$ | 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 | $2 \mathrm{~min} 10.0 \mathrm{sec} \#$ | $2 \mathrm{~min} 13.9 \mathrm{sec} \#$ | $2 \mathrm{~min} 17.7 \mathrm{sec} *$ |
| 1,500 metres | $4 \mathrm{~min} 28.0 \mathrm{sec} \#$ | 4 min 35.0 sec | $4 \mathrm{~min} 44.5 \mathrm{sec} *$ |
| 1 Mile ~ | 4 min 34.0 sec * | $4 \mathrm{~min} 50.0 \mathrm{sec} \#$ | $4 \mathrm{~min} 59.0 \mathrm{sec} \#$ |
| 3,000 metres | $9 \mathrm{~min} 39.0 \mathrm{sec} \#$ | 9 min 55.5 sec * | $10 \mathrm{~min} 21.5 \mathrm{sec} *$ |
| 5,000 metres | $16 \mathrm{~min} 13.0 \mathrm{sec} \#$ | $16 \mathrm{~min} 37.0 \mathrm{sec} \#$ | $17 \mathrm{~min} 39.0 \mathrm{sec} \#$ |
| 10,000 metres | $32 \mathrm{~min} 38.5 \mathrm{sec} \#$ | $33 \mathrm{~min} 48.0 \mathrm{sec} \#$ | $35 \mathrm{~min} 42.0 \mathrm{sec} \#$ |
| 1,500 metres S/C | 5 min 12.0 sec | $5 \mathrm{~min} 23.5 \mathrm{sec} *$ | $5 \mathrm{~min} 38.0 \mathrm{sec} \#$ |
| 2,000 metres S/C | $6 \mathrm{~min} 56.0 \mathrm{sec} \#$ | 7 min 10.0 sec * | $7 \mathrm{~min} 38.0 \mathrm{sec} *$ |
| 100 metres Hurdles | 13.9 sec * | 14.4 sec* | 15.0 sec* |
| 300 metres Hurdles ~ | 44.4 sec * | $45.4 \mathrm{sec} *$ | $46.9 \mathrm{sec} \#$ |
| 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 |  |  |  |
| 60 metres | 7.75 sec | 7.85 sec | 8.05 sec |
| 60 metres Hurdles | 8.50 sec * | 8.65 sec * | $8.90 \mathrm{sec}^{*}$ |
| Pentathlon | 4075 points \# | 3900 points * | 3715 points * |
| Junior Women |  |  |  |
| Event | Grade 1 | Grade 2 | Grade 3 |
| 100 metres | 12.1 sec * | 12.3 sec * | 12.5 sec * |
| 200 metres | 24.7 sec * | $25.1 \mathrm{sec} *$ | 25.7 sec * |
| 400 metres | 56.7 sec * | 58.0 sec * | 59.6 sec * |
| 800 metres | $2 \mathrm{~min} 11.0 \mathrm{sec} \#$ | 2 min 13.0 sec | $2 \mathrm{~min} 16.5 \mathrm{sec} *$ |
| 1,500 metres | $4 \mathrm{~min} 29.5 \mathrm{sec} \#$ | 4 min 33.5 sec * | $4 \mathrm{~min} 41.0 \mathrm{sec} *$ |
| 3,000 metres | 9 min 44.5 sec * | $9 \mathrm{~min} 54.5 \mathrm{sec} *$ | $10 \mathrm{~min} 22.0 \mathrm{sec} *$ |
| 1,500 metres S/C | 5 min 04.0 sec * | $5 \mathrm{~min} 13.5 \mathrm{sec} *$ | $5 \mathrm{~min} 36.5 \mathrm{sec} \#$ |

## 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 | $48.5 \mathrm{sec} \#$ | 49.3 sec * | 50.3 sec * |
| 800 metres | 1 min 51.8 sec | $1 \mathrm{~min} 54.0 \mathrm{sec} \#$ | $1 \mathrm{~min} 56.8 \mathrm{sec} \#$ |
| 1,500 metres | $3 \mathrm{~min} 49.5 \mathrm{sec} \#$ | $3 \mathrm{~min} 55.0 \mathrm{sec} \#$ | $4 \mathrm{~min} 00.5 \mathrm{sec} \#$ |
| 1 mile ~ | $4 \mathrm{~min} 02.0 \mathrm{sec} \#$ | $4 \mathrm{~min} 06.0 \mathrm{sec} \#$ | $4 \mathrm{~min} 13.5 \mathrm{sec} \#$ |
| 3,000 metres | $8 \mathrm{~min} 17.0 \mathrm{sec}^{*}$ | $8 \mathrm{~min} 28.5 \mathrm{sec} *$ | $8 \mathrm{~min} 43.5 \mathrm{sec} *$ |
| 5,000 metres | $14 \mathrm{~min} 20.0 \mathrm{sec} *$ | 14 min 47.0 sec * | 15 min 19.0 sec |
| 10,000 metres | $29 \mathrm{~min} 57.0 \mathrm{sec} \#$ | $30 \mathrm{~min} 45.0 \mathrm{sec} \#$ | 31 min 48.0 sec * |
| 2,000 metres S/C | $6 \mathrm{~min} 04.0 \mathrm{sec} \#$ | $6 \mathrm{~min} 17.0 \mathrm{sec} \#$ | $6 \mathrm{~min} 27.0 \mathrm{sec} *$ |
| 3,000 metres S/C | $8 \mathrm{~min} 59.0 \mathrm{sec} *$ | $9 \mathrm{~min} 27.0 \mathrm{sec} \#$ | $9 \mathrm{~min} 51.0 \mathrm{sec} \#$ |
| 110 metres Hurdles | $14.5 \mathrm{sec} \#$ | $14.9 \mathrm{sec} \#$ | $15.5 \mathrm{sec} \#$ |
| 400 metres Hurdles ~ | 52.6 sec * | 54.7 sec | $57.2 \mathrm{sec} \#$ |
| 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 * | $8.55 \mathrm{sec} \#$ |
| Junior Men |  |  |  |
| Event | Grade 1 | Grade 2 | Grade 3 |


| 100 metres | $10.8 \mathrm{sec} \#$ | 11.0 sec | 11.2 sec |
| :---: | :---: | :---: | :---: |
| 200 metres | 22.0 sec* | 22.2 sec * | 22.7 sec |
| 400 metres | $49.3 \mathrm{sec}^{*}$ | 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 | $3 \mathrm{~min} 55.5 \mathrm{sec} \#$ | $3 \mathrm{~min} 58.5 \mathrm{sec} \#$ | 4 min 04.0 sec |
| 3,000 metres | $8 \mathrm{~min} 33.0 \mathrm{sec} \#$ | 8 min 41.5 sec * | $8 \mathrm{~min} 54.0 \mathrm{sec} *$ |
| 5,000 metres | $15 \mathrm{~min} 00.0 \mathrm{sec} \#$ | $15 \mathrm{~min} 10.0 \mathrm{sec} \#$ | $15 \mathrm{~min} 33.0 \mathrm{sec}^{*}$ |
| 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 | $57.5 \mathrm{sec} \#$ |
| 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 |  | Event | Grade 1 | Grade 2 | Grade 3 | Grade 4 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Long Jump | 6.86 metres * | 6.60 metres | 6.35 metres \# |  | 1,500 metres | 4 min 21.5 sec | $4 \mathrm{~min} 26.5 \mathrm{sec} *$ | $4 \mathrm{~min} 34.0 \mathrm{sec} *$ | $4 \mathrm{~min} 46.0 \mathrm{sec} *$ |
| Triple Jump | 14.40 metres * | 13.55 metres * | 12.95 metres |  | 3,000 metres | 9 min 21.5 sec | 9 min 31.0 sec * | 9 min 43.5 sec * | $10 \mathrm{~min} 12.5 \mathrm{sec} \#$ |
| Shot | 14.15 metres* | 13.20 metres \# | 12.30 metres |  | 80 metres Hurdles | 11.9 sec | $12.3 \mathrm{sec} \#$ | 12.7 sec | 13.3 sec * |
| Discus | 45.75 metres * | 41.65 metres * | 36.90 metres * |  | High Jump | 1.73 metres * | 1.67 metres | 1.60 metres | 1.55 metres |
| Hammer | 63.25 metres * | 57.75 metres \# | 43.45 metres \# |  | Pole Vault | 3.50 metres * | 3.30 metres * | 2.85 metres | 2.40 metres |
| Javelin | 55.50 metres \# | 52.05 metres \# | 46.10 metres \# |  | Long Jump | 5.75 metres | 5.55 metres | 5.35 metres* | 5.00 metres |
| 3,000 metres Walk | 13 min 00.0 sec | 14 min 00.0 sec | 14 min 45.0 sec |  | Triple Jump | 12.15 metres* | 11.70 metres * | 11.25 metres* | 10.50 metres* |
| 5,000 metres Walk | 21 min 40.0 sec | 22 min 45.0 sec | 23 min 30.0 sec |  | Shot | 12.40 metres \# | 11.75 metres \# | 11.05 metres \# | 10.10 metres |
| 10,000 metres Walk | 45 min 10.0 sec | 47 min 35.0 sec | 49 min 10.0 sec |  | Discus | 36.10 metres * | 32.30 metres | 29.60 metres * | 25.40 metres \# |
| Indoor |  |  |  |  | Hammer | 44.60 metres \# | 38.80 metres \# | 32.50 metres \# | 26.60 metres \# |
| 60 metres | 6.95 sec * | 7.05 sec * | 7.15 sec * |  | Javelin | 43.00 metres \# | 40.50 metres \# | 37.20 metres \# | 32.40 metres \# |
| 60 metres Hurdles | 8.00 sec | 8.20 sec * | $8.55 \mathrm{sec} \#$ |  | Pentathlon | 2670 points | 2485 points | 2285 points | 1925 points |
| Under 17 Men |  |  |  |  | 3,000 metres Walk Indoor | 14 min 53.0 sec | 15 min 45.0 sec | 16 min 33.0 sec | 17 min 16.0 sec |
| Event | Grade 1 | Grade 2 | Grade 3 | Grade 4 | 60 metres | 7.55 sec * | 7.65 sec * | 7.85 sec * | 8.25 sec * |
| 100 metres | 11.2 sec | 11.3 sec | 11.5 sec | 11.8 sec | Under 13 Boys |  |  |  |  |
| 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* | Event | Grade 1 | Grade 2 | Grade 3 | Grade 4 |
| 800 metres | $1 \mathrm{~min} 57.9 \mathrm{sec} *$ | $1 \mathrm{~min} 59.4 \mathrm{sec}^{*}$ | $2 \mathrm{~min} 01.9 \mathrm{sec} *$ | 2 min 06.5 sec * | 100 metres |  | $13.1 \mathrm{sec} \text { * }$ |  | $13.9 \mathrm{sec}$ |
| 1,500 metres | $4 \mathrm{~min} 05.8 \mathrm{sec} *$ | $4 \mathrm{~min} 10.5 \mathrm{sec} *$ | $4 \mathrm{~min} 17.0 \mathrm{sec} *$ | 4 min 26.0 sec * |  | $12.9 \mathrm{sec} \text { * }$ |  |  |  |
| 3,000 metres | $8 \mathrm{~min} 51.5 \mathrm{sec} *$ | $9 \mathrm{~min} 01.5 \mathrm{sec} *$ | $9 \mathrm{~min} 15.5 \mathrm{sec} *$ | $9 \mathrm{~min} 41.0 \mathrm{sec} *$ | 200 metres | $26.7 \mathrm{sec} \text { * }$ | $27.3 \mathrm{sec} \text { * }$ | $28.0 \mathrm{sec}^{*}$ | $29.0 \mathrm{sec}^{*}$ |
| 1,500 metres S/C | $4 \mathrm{~min} 33.8 \mathrm{sec} \#$ | $4 \mathrm{~min} 37.5 \mathrm{sec} \#$ | $4 \mathrm{~min} 48.7 \mathrm{sec} \#$ | 4 min 58.0 sec * | 800 metres 1,500 metres | $2 \min 21.5 \mathrm{sec}^{*}$ | $2 \min 25.5 \mathrm{sec} \#$ | $2 \mathrm{~min} 29.0 \mathrm{sec} \#$ | $\begin{aligned} & 2 \mathrm{~min} 34.0 \mathrm{sec} \\ & 5 \mathrm{~min} 16.0 \mathrm{sec} \end{aligned}$ |
| 100 metres Hurdles | 13.8 sec | 14.1 sec | 14.6 sec | 15.4 sec |  | $4 \mathrm{~min} 49.5 \mathrm{sec} \text { * }$ | 4 min 55.0 sec | $5 \mathrm{~min} 03.5 \mathrm{sec} \#$ | $\begin{aligned} & 5 \mathrm{~min} 16.0 \mathrm{sec} \# \\ & 15.2 \mathrm{sec}^{*} \end{aligned}$ |
| 400 metres Hurdles | $56.3 \mathrm{sec} *$ | $57.7 \mathrm{sec} \#$ | $59.5 \mathrm{sec} \#$ | $61.7 \mathrm{sec} *$ | 75 metres Hurdles | 1.46 metres \# | 13.4 sec \# | 14.1 sec* |  |
| High Jump | 1.89 metres* | 1.85 metres | 1.80 metres * | 1.70 metres | High Jump |  | 1.41 metres | 4.40 metres | 1.30 metres |
| Pole Vault | 4.15 metres* | 4.00 metres * | 3.50 metres | 3.00 metres | Long Jump Shot (3k) | 4.75 metres | 4.55 metres |  | 4.15 metres |
| Long Jump | 6.40 metres * | 6.20 metres * | 5.95 metres | 5.60 metres |  | 9.15 metres $\wedge$ | 8.90 metres * <br> 8.85 metres $\wedge$ | 8.15 metrres* | 7.15 metres * |
| Triple Jump | 13.10 metres \# | 12.65 metres * | 12.15 metres* | 11.50 metres * | Shot (3.25k) <br> Discus |  | 8.85 metres $\wedge$ <br> 21.80 metres \# | 8.15 metres $\wedge$ ¢ | 7.35 metres $\wedge$ 16.25 metres * |
| Shot | 13.75 metres * | 12.80 metres * | 11.90 metres * | 10.75 metres * |  | 23.90 metres * 31.25 metres * <br> 10 min 48.0 sec | 21.80 metres \# | 19.25 metres * | 16.25 metres * |
| Discus | 40.25 metres \# | 38.10 metres * | 34.55 metres * | 28.95 metres* | Discus <br> Javelin 2,000 metres Walk <br> Indoor 60 metres |  | 11 min 15.0 sec | 11 min 50.0 sec | 12 min 30.0 sec |
| 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 \# |  | $10 \mathrm{~min} 48.0 \mathrm{sec}$ | 8.25 sec | 8.35 sec * | 8.60 sec |
| Octathlon | 4890 points \# | 4715 points* | 4415 points* | 4000 points * |  | 8.00 sec * |  |  |  |
| 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 |  |  |  |  |  |  |  |  |  |
| 60 metres | $7.20 \mathrm{sec} \#$ | $7.30 \mathrm{sec} \#$ | $7.40 \mathrm{sec} \#$ | 7.55 sec |  |  |  |  |  |
| 60 metres Hurdles | 8.35 sec \# | $8.45 \mathrm{sec} \#$ | 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* | $42.2 \mathrm{sec} \#$ |  |  |  |  |  |
| 400 metres ~ | $53.8 \mathrm{sec} *$ | 54.6 sec* | $56.1 \mathrm{sec} *$ | 58.6 sec* |  |  |  |  |  |
| 800 metres | 2 min 06.0 sec * | $2 \mathrm{~min} 09.0 \mathrm{sec} *$ | 2 min 13.0 sec | 2 min 18.0 sec |  |  |  |  |  |

