

<u>Age Groups Standards 2024</u>								
	U13B	U13G	U15B	U15G	U17M	U17W	U20M	U20W
100m	14.20	14.80	12.70	13.70	12.00	13.30	11.70	13.30
200m	29.75	31.50	26.25	28.50	24.50	27.50	23.80	27.20
300m			44.00	47.00		45.50		
400m					55.50		54.00	65.00
800m	2.35.00	2.40.00	2.22.00	2.35.00	2.07.00	2.26.00	2.05.00	2.20.00
1500m	5.05.00	5.30.00	4.50.00	5.15.00	4.25.00	5.10.00	4.20.00	5.00.00
3000m			10.30.00	12.30.00	10.00.00	12.00.00	9.40.00	11.45.00
5000m							17.00	20.00.00
70mH		14.00						
75mH	16.00			14.10				
80mH			14.00			13.70		
100mH					16.00			18.00
110mH							18.50	
300mH						52.00		
400mH					65.00		64.00	75.00
Hammer			27.00	21.00	29.00	25.00	29.00	29.00
Discus	14.00	14.00	24.00	21.00	28.00	21.00	29.00	25.00
Javelin	18.00	14.00	28.00	24.00	34.00	25.00	35.00	28.00
Shot	6.50	6.00	9.50	8.00	10.00	8.50	10.00	8.00
High Jump	1.25	1.20	1.50	1.36	1.65	1.45	1.70	1.50
Long Jump	4.00	3.80	4.80	4.30	5.40	4.60	5.70	4.65
Triple Jump			10.00	9.20	11.00	9.00	11.50	9.25