



Team Shetland Island Games Entry Standards / Guidelines Orkney 2025

Men		Event	Women	
Entry Standard	Development Guideline		Entry Standard	Development Guideline
11.40	11.80	100m/ 4 x 100m relay	13.00	13.20
23.15	23.70	200m	26.70	27.20
50.00	52.00	400m/ 4 x 400m relay	59.80	62.00
1.57.00	2.02.00	800m	2.18.00	2.25.00
4.00.00	4.15.00	1500m	4.55.00	5.10.00
16.00.00	16.40.00	5000m	18.35.00	19.20.00
34.00.00	35.15.00	10000m	39.00.00	40.30.00
77.00.00	79.30.00	Half Marathon/ Team	90.00.00	92.00.00
16.50	16.70	110m/100m Hurdles	17.80	18.00
58.00	60.00	400m Hurdles	68.00	70.00
6.70	6.00	Long Jump	5.10	4.70
13.30	12.60	Triple Jump	10.45	10.00
1.85	1.70	High Jump	1.60	1.50
12.40	11.50	Shot Putt	10.00	9.00
54.00	49.00	Javelin	34.00	29.00

Senior athletes who have performed at a previous Island Games are required to make the Entry Standard on at least 2 occasions. Development athletes who have not been to an Island Games previously would be expected to make the Development Standard at least twice.

Qualification period: Track & Field – 1st January 2024 – 1st September 2024. Road (10k/ HM) – 31st October 2024.