

## STANDARDS FOR MEN AND BOYS 2007/8

\* improved standard # reduced standard \* new event to the tables

### Senior Men

Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	10.7 sec *	11.0 sec	11.3 sec	11.5 sec
200 metres	21.7 sec *	22.2 sec	23.0 sec	23.5 sec
400 metres	49.0 sec #	50.3 sec #	51.5 sec #	51.5 sec #
800 metres	1 min 51.8 sec #	1 min 54.5 sec #	1 min 57.5 sec #	1 min 57.5 sec #
1,500 metres	3 min 48.5 sec #	3 min 56.8 sec #	4 min 04.0 sec #	4 min 04.0 sec #
5,000 metres	14 min 15.0 sec #	14 min 50.0 sec #	15 min 15.0 sec #	15 min 15.0 sec #
10,000 metres	29 min 42.0 sec #	30 min 40.0 sec #	31 min 40.0 sec #	31 min 40.0 sec #
110 metres Hurdles	14.2 sec *	14.8 sec *	15.3 sec *	15.3 sec *
400 metres Hurdles	52.6 sec *	55.3 sec *	57.0 sec *	57.0 sec *
3,000 metres Steeplechase	8 min 58.5 sec #	9 min 27.0 sec #	9 min 45.0 sec #	9 min 45.0 sec #
High Jump	2.03 metres #	1.85 metres #	1.77 metres #	1.77 metres #
Long Jump	6.90 metres #	6.45 metres #	6.05 metres #	6.05 metres #
Triple Jump	13.75 metres #	12.95 metres #	12.30 metres #	12.30 metres #
Pole Vault	4.70 metres *	4.30 metres #	4.00 metres	4.00 metres
Javelin	59.50 metres #	51.90 metres #	46.20 metres #	46.20 metres #
Discus	46.75 metres #	41.25 metres #	37.45 metres #	37.45 metres #
Hammer	65.00 metres *	49.00 metres #	43.80 metres #	43.80 metres #
Shot	14.55 metres #	12.85 metres #	11.60 metres #	11.60 metres #
Decathlon	7,400 points *	6,650 points *	6,000 points *	6,000 points *
3,000 metres Walk	13 min 20.0 sec	13 min 40.0 sec	14 min 20.0 sec	14 min 20.0 sec
10,000 metres Walk	47 min 00.0 sec	48 min 10.0 sec	50 min 30.0 sec	50 min 30.0 sec

### Indoor

60 metres	7.00 sec #	7.20 sec #	7.35 sec #	7.35 sec #
60 metres Hurdles	7.85 sec *	8.20 sec *	8.40 sec *	8.40 sec *
Heptathlon <sup>Δ</sup>	5,600 points	5,200 points	4,900 points	4,900 points

### Under 20 Men

Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	11.0 sec	11.2 sec *	11.5 sec *	11.5 sec *
200 metres	22.3 sec #	22.8 sec #	23.3 sec *	23.3 sec *
400 metres	49.9 sec #	51.1 sec #	52.5 sec *	52.5 sec *
800 metres	1 min 54.8 sec #	1 min 58.0 sec #	2 min 02.0 sec #	2 min 02.0 sec #
1,500 metres	3 min 58.8 sec #	4 min 06.0 sec #	4 min 14.0 sec #	4 min 14.0 sec #
3,000 metres	8 min 44.0 sec #	9 min 00.0 sec #	9 min 20.0 sec #	9 min 20.0 sec #
5,000 metres	14 min 58.0 sec #	15 min 25.0 sec #	15 min 45.0 sec #	15 min 45.0 sec #
10,000 metres	30 min 50.0 sec	32 min 00.0 sec	33 min 10.0 sec	33 min 10.0 sec
110 metres Hurdles	14.4 sec *	15.1 sec *	15.6 sec *	15.6 sec *
400 metres Hurdles	55.0 sec *	57.0 sec #	59.5 sec *	59.5 sec *
2,000 metres Steeplechase	6 min 05.5 sec *	6 min 17.0 sec #	6 min 34.0 sec #	6 min 34.0 sec #
High Jump	1.96 metres *	1.90 metres *	1.80 metres	1.80 metres
Long Jump	6.60 metres #	6.15 metres #	5.85 metres #	5.85 metres #
Triple Jump	13.25 metres #	12.60 metres #	12.10 metres #	12.10 metres #
Pole Vault	4.40 metres *	4.10 metres *	3.70 metres *	3.70 metres *
Javelin	54.50 metres *	47.35 metres #	42.00 metres	42.00 metres
Discus	43.80 metres #	38.00 metres #	34.75 metres #	34.75 metres #
Hammer	61.10 metres *	50.75 metres *	45.00 metres *	45.00 metres *
Shot	14.00 metres *	12.75 metres *	11.60 metres	11.60 metres
Decathlon	6,600 points *	6,000 points *	5,500 points *	5,500 points *
3,000 metres Walk	14 min 30.0 sec	14 min 50.0 sec	15 min 30.0 sec	15 min 30.0 sec
10,000 metres Walk	51 min 00.0 sec	52 min 40.0 sec	55 min 20.0 sec	55 min 20.0 sec

### Indoor

60 metres	7.10 sec #	7.25 sec *	7.40 sec	7.40 sec
60 metres Hurdles	8.00 sec *	8.40 sec *	8.70 sec *	8.70 sec *
Heptathlon <sup>Δ</sup>	5,100 points	4,700 points	4,400 points	4,400 points

### Under 17 Men

Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	11.2 sec *	11.5 sec *	11.8 sec *	11.8 sec *
200 metres	22.8 sec *	23.5 sec #	24.9 sec #	24.9 sec #
400 metres	51.4 sec *	53.1 sec #	54.3 sec	54.3 sec
800 metres	1 min 58.5 sec *	2 min 01.5 sec *	2 min 05.5 sec #	2 min 10.7 sec *

1500 metres	4 min 08.0 sec *	4 min 17.5 sec #	4 min 23.0 sec #	4 min 23.0 sec #
3,000 metres	8 min 57.5 sec *	9 min 20.0 sec	9 min 38.0 sec *	9 min 38.0 sec *
100 metres Hurdles	13.7 sec *	14.3 sec *	14.9 sec *	14.9 sec *
400 metres Hurdles	57.1 sec *	59.5 sec *	61.6 sec *	61.6 sec *
High Jump	1.90 metres	1.80 metres #	1.70 metres #	1.70 metres #
Long Jump	6.20 metres #	5.85 metres #	5.55 metres #	5.55 metres #
Triple Jump	12.85 metres #	12.25 metres #	11.75 metres #	11.75 metres #
Pole Vault	4.20 metres *	3.70 metres *	3.20 metres *	3.20 metres *
Javelin	51.40 metres #	44.50 metres #	39.00 metres #	31.55 metres #
Discus	41.85 metres #	34.60 metres #	29.90 metres #	22.90 metres #
Hammer	52.85 metres #	46.00 metres #	34.25 metres #	24.30 metres #
Shot	14.00 metres *	12.30 metres #	11.25 metres #	9.50 metres #
Octathlon	4,950 points *	4,400 points *	4,000 points *	3,350 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 50.0 sec	25 min 45.0 sec	26 min 50.0 sec	27 min 50.0 sec

### Indoor

60 metres	7.25 sec #	7.45 sec #	7.60 sec #	7.60 sec #
60 metres Hurdles	8.30 sec *	8.65 sec *	8.90 sec *	8.90 sec *
Pentathlon <sup>Δ</sup>	3,400 points	3,000 points	2,650 points	2,300 points

### Under 15 Boys

Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	11.8 sec *	12.1 sec *	12.5 sec *	12.5 sec *
200 metres	24.1 sec *	24.8 sec *	25.0 sec *	25.0 sec *
400 metres	51.4 sec #	50.1 sec #	51.0 sec #	51.0 sec #
800 metres	2 min 07.5 sec *	2 min 12.0 sec *	2 min 16.0 sec *	2 min 16.0 sec *
1,500 metres	4 min 27.5 sec #	4 min 36.5 sec #	4 min 44.0 sec *	4 min 59.0 sec #
3,000 metres	9 min 26.0 sec *	9 min 43.0 sec *	9 min 56.0 sec *	10 min 25.0 sec *
80 metres Hurdles	12.0 sec *	12.5 sec *	13.3 sec *	14.1 sec *
High Jump	1.62 metres *	1.72 metres #	1.65 metres	1.45 metres
Long Jump	5.75 metres #	5.35 metres #	5.10 metres #	4.70 metres #
Triple Jump	12.35 metres #	11.80 metres *	11.20 metres	10.20 metres
Pole Vault	3.30 metres *	2.90 metres *	2.70 metres *	2.20 metres *
Javelin	42.50 metres #	37.65 metres #	33.35 metres #	35.55 metres #
Discus	35.55 metres #	30.15 metres #	25.50 metres #	19.90 metres #
Hammer	45.00 metres *	36.25 metres *	28.00 metres *	20.80 metres #
Shot	12.75 metres *	11.50 metres *	10.55 metres *	8.90 metres #
Pentathlon <sup>Δ</sup>	2,625 points *	2,300 points *	2,000 points *	1,600 points *
3,000 metres Walk	15 min 20.0 sec	15 min 35.0 sec	16 min 40.0 sec	17 min 30.0 sec

### Indoor

60 metres	7.50 sec	7.80 sec #	8.10 sec	8.60 sec #
60 metres Hurdles	9.00 sec *	9.40 sec *	9.80 sec *	10.60 sec *
Pentathlon <sup>Δ</sup>	2,600 points	2,200 points	2,000 points	1,600 points

### Under 13 Boys

Event	Grade 1	Grade 2	Grade 3	Grade 4
75 metres	9.9 sec *	10.2 sec *	10.5 sec *	11.0 sec *
100 metres	13.0 sec	13.5 sec #	13.9 sec *	14.6 sec *
150 metres	20.2 sec #	20.9 sec #	21.8 sec #	22.9 sec #
200 metres	27.0 sec	27.9 sec #	29.0 sec #	30.5 sec #
800 metres	2 min 23.0 sec	2 min 28.0 sec *	2 min 33.0 sec *	2 min 41.0 sec *
1,500 metres	4 min 51.5 sec #	4 min 51.0 sec *	5 min 09.0 sec *	5 min 25.0 sec *
75 metres Hurdles	13.2 sec #	13.9 sec #	14.9 sec #	16.0 sec *
High Jump	1.47 metres *	1.36 metres #	1.30 metres	1.20 metres
Long Jump	4.65 metres #	4.35 metres #	4.10 metres	3.75 metres #
Javelin	32.70 metres #	28.00 metres #	23.50 metres #	17.65 metres *
Discus	27.15 metres *	22.00 metres *	17.75 metres *	14.00 metres *
Hammer <sup>Δ</sup>	45.00 metres *	40.00 metres	35.00 metres	28.00 metres
Shot	9.20 metres #	8.15 metres #	7.15 metres #	5.90 metres #
2,000 metres Walk	10 min 45.0 sec	11 min 15.0 sec	11 min 50.0 sec	12 min 45.0 sec

### Indoor

60 metres	8.40 sec #	8.60 sec #	8.80 sec #	9.30 sec #
60 metres Hurdles	10.10 sec #	10.60 sec #	11.40 sec #	12.10 sec #