

**STANDARDS FOR WOMEN/GIRLS 2007/8**

**Senior Women**

Event	Grade 1	Grade 2	Grade 3
100 metres	11.9 sec #	12.3 sec #	12.7 sec #
200 metres	24.3 sec #	25.1 sec #	25.8 sec #
400 metres	56.1 sec #	58.3 sec #	60.0 sec #
800 metres	2 min 09.5 sec #	2 min 15.0 sec #	2 min 19.0 sec #
1,500 metres	4 min 24.0 sec #	4 min 36.0 sec #	4 min 45.0 sec #
3,000 metres	9 min 40.0 sec #	10 min 12.0 sec #	10 min 44.0 sec #
5,000 metres	15 min 46.0 sec #	16 min 23.0 sec #	17 min 10.0 sec #
10,000 metres	31 min 50.0 sec #	33 min 45.0 sec #	34 min 10.0 sec #
100 metres Hurdles	14.8 sec #	14.7 sec #	15.4 sec #
400 metres Hurdles	61.0 sec #	64.9 sec #	67.9 sec #
2,000 metres Steeplechase	6 min 41.0 sec #	7 min 00.0 sec #	7 min 15.0 sec #
3,000 metres Steeplechase	9 min 49.0 sec #	10 min 00.0 sec #	10 min 15.0 sec #
High Jump	1.72 metres #	1.65 metres #	1.60 metres #
Long Jump	5.65 metres #	5.25 metres #	5.00 metres #
Triple Jump	11.95 metres #	11.00 metres #	10.45 metres #
Pole Vault	3.90 metres #	3.45 metres #	3.05 metres #
Javelin	39.30 metres #	34.50 metres #	31.20 metres #
Discus	40.00 metres #	33.70 metres #	28.75 metres #
Hammer	50.00 metres #	41.50 metres #	35.85 metres #
Shot	11.95 metres #	10.40 metres #	9.30 metres #
Hepathlon	5700 points #	5000 points #	4400 points #
3,000 metres Walk	15 min 00.0 sec #	16 min 00.0 sec #	17.00.0 sec #
5,000 metres Walk	25 min 30.0 sec #	27 min 30.0 sec #	29 min 50.0 sec #
10,000 metres Walk	53 min 00.0 sec #	58 min 00.0 sec #	61 min 00.0 sec #
<b>Indoor</b>			
60 metres	7.70 sec #	8.00 sec #	8.20 sec #
100 metres Hurdles	8.40 sec #	8.70 sec #	9.00 sec #
Pentathlon	3900 points	3700 points	3400 points

**Under 20 Women**

Event	Grade 1	Grade 2	Grade 3
100 metres	12.3 sec #	12.7 sec #	13.0 sec #
200 metres	25.2 sec #	26.0 sec #	26.6 sec #
400 metres	57.5 sec #	59.2 sec #	60.7 sec #
800 metres	2 min 14.2 sec #	2 min 18.0 sec #	2 min 23.2 sec #
1,500 metres	4 min 37.3 sec #	4 min 48.8 sec #	4 min 58.1 sec #
3,000 metres	10 min 01.1 sec #	10 min 30.0 sec #	11 min 00.0 sec #
5,000 metres	15 min 41.0 sec #	16 min 10.0 sec #	16 min 50.0 sec #
100 metres Hurdles	14.5 sec #	15.2 sec #	16.1 sec #
400 metres Hurdles	62.8 sec #	67.2 sec #	69.5 sec #
1,500 metres Steeplechase	5 min 28.0 sec #	5 min 36.0 sec #	5 min 50.0 sec #
High Jump	1.70 metres #	1.64 metres #	1.58 metres #
Long Jump	5.40 metres #	5.10 metres #	4.80 metres #
Triple Jump	11.30 metres #	10.70 metres #	10.15 metres #
Pole Vault	3.55 metres #	3.25 metres #	2.85 metres #
Javelin	32.40 metres #	32.75 metres #	29.50 metres #
Discus	35.00 metres #	29.30 metres #	25.10 metres #
Hammer	46.15 metres #	38.50 metres #	33.75 metres #
Shot	11.05 metres #	9.65 metres #	8.60 metres #
Hepathlon	5400 points #	4450 points #	2900 points #
Pentathlon	3200 points	2850 points	2350 points #
3,000 metres Walk	15 min 50.0 sec #	16 min 40.0 sec #	17 min 50.0 sec #
5,000 metres Walk	26 min 15.0 sec #	28 min 00.0 sec #	30 min 15.0 sec #
10,000 metres Walk	58 min 00.0 sec #	61 min 00.0 sec #	65 min 00.0 sec #
<b>Indoors</b>			
60 metres	7.80 sec #	8.10 sec #	8.30 sec #
100 metres Hurdles	8.60 sec #	9.00 sec #	9.40 sec #
Pentathlon	3500 points	3200 points	3000 points

**Under 17 Women**

Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	12.5 sec #	12.8 sec #	13.1 sec #	13.5 sec #
200 metres	25.7 sec #	26.3 sec #	26.9 sec #	27.7 sec #
300 metres	41.5 sec #	42.7 sec #	44.0 sec #	46.1 sec #
400 metres	57.2 sec #	58.6 sec #	59.3 sec #	60.8 sec #

800 metres	2 min 16.5 sec #	2 min 21.5 sec #	2 min 26.0 sec #	2 min 32.5 sec #
1,500 metres	4 min 43.5 sec #	4 min 55.5 sec #	5 min 04.5 sec #	5 min 20.5 sec #
3,000 metres	10 min 17.5 sec #	10 min 44.5 sec #	11 min 08.0 sec #	11 min 55.0 sec #
80 metres Hurdles	11.9 sec #	12.3 sec #	12.8 sec #	13.7 sec #
High Jump	45.5 sec #	47.1 sec #	49.0 sec #	51.9 sec #
Long Jump	1.65 metres #	1.59 metres #	1.54 metres #	1.45 metres #
Triple Jump	5.25 metres #	4.95 metres #	4.70 metres #	4.40 metres #
Pole Vault	11.05 metres #	10.50 metres #	9.90 metres #	9.10 metres #
Javelin	3.45 metres #	3.10 metres #	2.70 metres #	2.30 metres #
Discus	34.00 metres #	28.60 metres #	25.10 metres #	20.30 metres #
Hammer	30.20 metres #	25.60 metres #	22.25 metres #	18.50 metres #
Shot	38.00 metres #	31.25 metres #	25.75 metres #	19.00 metres #
Hepathlon	10.15 metres #	8.75 metres #	7.85 metres #	6.65 metres #
3,000 metres Walk	4360 points #	4075 points #	3770 points #	3175 points #
5,000 metres Walk	16 min 15.0 sec #	17 min 20.0 sec #	18 min 00.0 sec #	19 min 00.0 sec #
10,000 metres Walk	27 min 00.0 sec #	28 min 30.0 sec #	30 min 45.0 sec #	32 min 45.0 sec #
<b>Indoor</b>				
60 metres	8.00 sec #	8.25 sec #	8.45 sec #	8.90 sec #
100 metres Hurdles	8.90 sec #	9.20 sec #	9.50 sec #	10.0 sec #
Pentathlon	3000 points	2700 points	2400 points	2100 points

**Under 15 Girls**

Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	12.8 sec #	13.2 sec #	13.5 sec #	14.0 sec #
200 metres	26.6 sec #	27.2 sec #	27.9 sec #	28.9 sec #
300 metres	42.0 sec #	43.3 sec #	45.0 sec #	47.0 sec #
400 metres	2 min 21.0 sec #	2 min 25.5 sec #	2 min 31.0 sec #	2 min 38.5 sec #
1,500 metres	4 min 52.0 sec #	5 min 04.0 sec #	5 min 14.5 sec #	5 min 33.5 sec #
3,000 metres	10 min 27.5 sec #	10 min 36.0 sec #	10 min 55.0 sec #	11 min 40.0 sec #
100 metres Hurdles	12.0 sec #	12.5 sec #	13.0 sec #	14.3 sec #
High Jump	1.60 metres #	1.50 metres #	1.45 metres #	1.36 metres #
Long Jump	5.00 metres #	4.65 metres #	4.45 metres #	4.15 metres #
Triple Jump	10.40 metres #	10.25 metres #	9.90 metres #	9.10 metres #
Pole Vault	3.05 metres #	2.80 metres #	2.50 metres #	2.20 metres #
Javelin	28.70 metres #	24.25 metres #	20.50 metres #	16.10 metres #
Discus	25.70 metres #	21.85 metres #	19.15 metres #	15.15 metres #
Hammer	41.25 metres #	33.50 metres #	28.75 metres #	21.10 metres #
Shot	9.45 metres #	8.35 metres #	7.65 metres #	6.45 metres #
Pentathlon	2800 points #	2575 points #	2325 points #	1920 points #
2,500 metres Walk	13 min 40.0 sec #	14 min 50.0 sec #	15 min 50.0 sec #	16 min 30.0 sec #
3,000 metres Walk	16 min 30.0 sec #	17 min 35.0 sec #	18 min 40.0 sec #	19 min 30.0 sec #
<b>Indoor</b>				
60 metres	8.20 sec #	8.40 sec #	8.60 sec #	9.00 sec #
100 metres Hurdles	9.30 sec #	9.70 sec #	10.00 sec #	10.50 sec #
Pentathlon	2800 points	2600 points	2500 points	1950 points

**Under 13 Girls**

Event	Grade 1	Grade 2	Grade 3	Grade 4
75 metres	10.4 sec #	10.7 sec #	11.0 sec #	11.5 sec #
100 metres	13.5 sec #	14.0 sec #	14.4 sec #	15.2 sec #
150 metres	20.5 sec #	21.2 sec #	21.8 sec #	23.0 sec #
200 metres	28.0 sec #	29.1 sec #	30.2 sec #	31.9 sec #
800 metres	2 min 30.0 sec #	2 min 36.5 sec #	2 min 42.0 sec #	2 min 50.5 sec #
1,200 metres	4 min 04.0 sec #	4 min 11.5 sec #	4 min 20.5 sec #	4 min 36.0 sec #
1,500 metres	5 min 04.5 sec #	5 min 19.5 sec #	5 min 31.5 sec #	5 min 49.5 sec #
70m Hurdles	12.0 sec #	12.7 sec #	13.2 sec #	14.6 sec #
High Jump	1.40 metres #	1.33 metres #	1.25 metres #	1.18 metres #
Long Jump	4.35 metres #	4.10 metres #	3.90 metres #	3.55 metres #
Javelin	23.00 metres #	21.10 metres #	19.10 metres #	17.20 metres #
Discus	25.00 metres #	21.10 metres #	16.70 metres #	13.00 metres #
Hammer	40.00 metres #	35.00 metres #	30.00 metres #	23.00 metres #
Shot	8.20 metres #	7.25 metres #	6.50 metres #	5.60 metres #
Pentathlon	2500 points	2125 points	1975 points	1700 points
2,000 metres Walk	11 min 50.0 sec #	12 min 40.0 sec #	13 min 20.0 sec #	13 min 50.0 sec #
2,500 metres Walk	15 min 00.0 sec #	15 min 50.0 sec #	16 min 40.0 sec #	17 min 30.0 sec #
<b>Indoor</b>				
60 metres	8.55 sec #	8.80 sec #	9.10 sec #	9.50 sec #
100 metres Hurdles	9.70 sec #	10.60 sec #	10.80 sec #	11.3 sec #