

2010 ESAA Standards

	National	Entry	County
JB 100m	11.4	11.8	12.3
JB 200m	23.4	24.2	25.3
JB 400m	52.6	54.5	56.9
JB 800m	02:03.0	02:07.0	02:13.0
JB 1500m	04:17.0	04:22.0	04:36.0
JB 80m Hurdles	11.6	12.1	12.9
JB 4x100m relay	46.3	47.5	49.4
JB High Jump	1.78	1.72	1.60
JB Long Jump	5.95	5.70	5.45
JB Triple Jump	12.40	12.00	11.45
JB Pole Vault	3.25	2.95	2.55
JB Shot	13.30	12.30	11.20
JB Discus	38.00	34.00	30.50
JB Javelin	46.00	43.00	39.00
JB Hammer	45.00	38.00	31.00

	National	Entry	County
JG 100m	12.6	12.8	13.3
JG 200m	25.7	26.4	27.6
JG 800m	0.00157	0.00161	0.00172
JG 1500m	04:43.0	04:51.0	05:10.0
JG 75m Hurdles	00:00.0	36:00.0	12:00.0
JG 4x100m Relay	50.5	52.0	53.4
JG High Jump	1.63	1.57	1.45
JG Long Jump	5.20	5.05	4.65
JG Shot	10.70	10.00	9.10
JG Discus	30.00	27.00	23.00
JG Javelin	33.00	30.00	25.50

	National	Entry	County
IB 100m	11.0	11.2	11.7
IB 200m	22.3	22.8	24.0
IB 400m	49.7	51.3	53.4
IB 800m	01:57.0	01:59.0	02:05.0
IB 1500m	04:03.0	04:08.0	04:20.0
IB 3000m	08:55.0	09:01.0	09:30.0
IB 100m Hurdles	13.7	14.2	15.0
IB 400m Hurdles	56.6	58.0	60.5
IB 1500m S/C	04:30.0	04:36.0	04:58.0
IB 4x100m relay	44.0	45.0	46.6
IB High Jump	1.96	1.90	1.75
IB Long Jump	6.60	6.40	6.00
IB Triple Jump	13.70	13.20	12.50
IB Pole Vault	4.10	3.80	3.10
IB Shot	14.50	13.20	11.90
IB Discus	43.00	40.00	34.00
IB Javelin	54.00	52.00	45.00
IB Hammer	54.00	50.00	37.00

	National	Entry	County
IG 100m	12.3	12.6	13.0
IG 200m	25.2	26.0	27.0
IG 300m	40.5	41.4	44.8
IG 800m	02:14.0	02:17.0	02:25.0
IG 1500m	04:39.0	04:47.0	05:04.0
IG 3000m	10:12.0	10:26.0	10:50.0
IG 80m Hurdles	11.7	12.1	13.0
IG 300m Hurdles	45.0	46.8	50.0
IG 4x100m Relay	48:00.0	48:00.0	36:00.0
IG High Jump	1.68	1.62	1.52
IG Long Jump	5.50	5.30	4.80
IG Triple Jump	11.10	10.70	10.00
IG Pole Vault	3.05	2.75	2.55
IG Shot	11.00	10.20	8.75
IG Discus	36.00	33.00	27.00
IG Javelin	38.00	35.00	29.00
IG Hammer	39.00	34.00	31.00

	National	Entry	County
SB 100m	10.9	11.1	11.5
SB 200m	22.0	22.3	23.3
SB 400m	48.8	49.3	52.5
SB 800m	01:53.0	01:55.0	02:02.0
SB 1500m	03:55.0	03:58.0	04:15.0
SB 3000m	08:33.0	08:36.0	09:20.0
SB 110m Hurdles	14.8	15.2	16.2
SB 400m Hurdles	55.0	56.2	59.5
SB 2000m S/C	06:03.0	06:07.0	06:30.0
SB 4x100m relay	43.5	44.5	45.3
SB High Jump	2.02	1.96	1.83
SB Long Jump	6.90	6.80	6.25
SB Triple Jump	14.40	13.90	12.85
SB Pole Vault	4.40	4.10	3.30
SB Shot	14.10	13.00	11.50
SB Discus	44.00	40.00	34.00
SB Javelin	57.00	53.00	46.00
SB Hammer	52.00	46.00	39.00

	National	Entry	County
SG 100m	12.2	12.5	13.0
SG 200m	25.0	25.8	26.5
SG 400m	57.0	58.8	61.0
SG 800m	02:13.0	02:15.0	02:25.0
SG 1500m	04:36.0	04:43.0	05:00.0
SG 3000m	10:06.0	10:18.0	10:48.0
SG 100m Hurdles	14.6	15.2	16.5
SG 400m Hurdles	64.5	66.0	69.5
SG 1500m S/C	05:20.0	05:40.0	05:55.0
SG 4x100m Relay	49.0	50.0	52.0
SG High Jump	1.72	1.66	1.55
SG Pole Vault	3.10	2.80	2.45
SG Long Jump	5.60	5.40	4.85
SG Triple Jump	11.30	11.00	9.50
SG Shot	11.40	10.50	8.85
SG Discus	39.00	36.00	29.00
SG Javelin	40.00	37.00	32.00
SG Hammer	43.00	37.00	31.00