

STANDARDS FOR MEN AND BOYS 2009/10

* improved standard; # reduced standard; ^ new event to the tables

Senior Men				Under 15 Boys				Under 13 Boys				
Event	Grade 1	Grade 2	Grade 3	Event	Grade 1	Grade 2	Grade 3	Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	10.7 sec	10.9 sec *	11.3 sec	1500 metres	7.20 sec *	7.30 sec *	7.40 sec *	75 metres	9.9 sec	10.2 sec	10.5 sec	11.0 sec
200 metres	21.5 sec *	22.0 sec *	22.5 sec *	3000 metres	8.35 sec #	8.55 sec *	8.85 sec *	100 metres	13.1 sec #	13.4 sec *	13.7 sec *	14.1 sec *
400 metres	48.5 sec *	49.5 sec *	50.3 sec *	100 metre Hurdles	3240 points #	3150 points *	2950 points *	400 metres	20.0 sec *	20.5 sec *	21.5 sec *	22.5 sec *
800 metres	1 min 51.8 sec	1 min 53.6 sec *	1 min 56.0 sec *	400 metres Hurdles	4825 points ^	4440 points ^	4300 points ^	800 metres	27.0 sec	27.6 sec *	28.3 sec *	29.2 sec *
1500 metres	3 min 49.3 sec #	3 min 54.4 sec *	3 min 59.5 sec *	1500 metres Steeplechase				1500 metres	2 min 24.0 sec #	2 min 27.5 sec *	2 min 31.0 sec *	2 min 36.0 sec *
3000 metres	8 min 17.4 sec ^	8 min 27.6 sec ^	8 min 42.6 sec ^	High Jump				3000 metres	4 min 55.0 sec #	5 min 00.0 sec *	5 min 08.0 sec *	5 min 19.0 sec *
5000 metres	14 min 27.0 sec #	14 min 46.0 sec *	15 min 15.0 sec	Long Jump				5000 metres	13.0 sec *	13.6 sec *	14.2 sec *	15.4 sec *
10,000 metres	29 min 31.0 sec *	31 min 02.0 sec #	32 min 08.0 sec #	Triple Jump				10,000 metres	14 min 53.0 sec *	15 min 45.0 sec *	16 min 33.0 sec *	17 min 16.0 sec *
110 metres Hurdles	14.4 sec #	14.8 sec	15.4 sec #	Pole Vault				110 metres Hurdles	15.6 sec	15.9 sec *	16.6 sec *	17.4 sec *
400 metres Hurdles	53.8 sec #	55.4 sec #	57.5 sec #	Javelin				400 metres Hurdles	59.0 sec *	61.5 sec *	64.5 sec *	67.5 sec *
3000 metres Steeplechase	9 min 22.0 sec #	9 min 40.0 sec #	9 min 59.0 sec #	Discus				2000 metres Steeplechase	6 min 33.0 sec *	6 min 45.0 sec *	6 min 57.0 sec *	7 min 09.0 sec *
High Jump	2.00 metres #	1.95 metres *	1.87 metres *	Hammer				High Jump	1.87 metres #	1.80 metres	1.75 metres *	1.68 metres *
Long Jump	6.95 metres *	6.75 metres *	6.45 metres *	Shot				Long Jump	6.15 metres *	6.05 metres *	5.85 metres *	5.55 metres *
Triple Jump	14.20 metres *	13.60 metres *	12.95 metres *	Octathlon				Triple Jump	12.45 metres *	12.50 metres *	12.05 metres *	11.60 metres *
Pole Vault	4.70 metres	4.40 metres *	4.10 metres *	3000 metres Walk				Pole Vault	3.80 metres *	3.65 metres #	3.35 metres *	2.80 metres *
Javelin	58.25 metres #	52.80 metres *	47.50 metres *	5000 metres Walk				Javelin	4.40 metres *	4.60 metres *	4.285 metres *	38.00 metres *
Discus	44.35 metres #	40.75 metres #	36.90 metres #	Indoor				Discus	4.40 metres *	4.70 metres *	34.20 metres *	29.80 metres *
Hammer	56.35 metres #	48.30 metres #	42.15 metres #	60 metres				Hammer	4.40 metres *	4.70 metres *	39.75 metres *	30.10 metres *
Shot	13.45 metres #	12.65 metres #	11.55 metres #	60 metres Hurdles				Shot	4.40 metres *	4.70 metres *	11.55 metres *	10.60 metres *
Decathlon	7440 points *	6880 points *	6100 points *	60 metres Hurdles				Decathlon	6740 points *	4070 points *	4070 points *	3390 points *
3000 metres Walk	12 min .50 sec *	13 min 15.0 sec *	14 min 00.0 sec *	Heptathlon				3000 metres Walk	22 min 25.0 sec ^	16 min 10.0 sec	16 min 00.0 sec	17 min 00.0 sec
5000 metres Walk	21 min 25.0 sec ^	22 min 25.0 sec ^	23 min 05.0 sec ^					5000 metres Walk	44 min 20.0 sec *	25 min 00.0 sec *	25 min 50.0 sec *	27 min 42.0 sec *
10,000 metres Walk	44 min 20.0 sec *	46 min 50.0 sec *	48 min 35.0 sec *					10,000 metres Walk				
Indoor								Indoor				
60 metres	6.90 sec *	7.00 sec *	7.10 sec *					60 metres	7.10 sec	7.20 sec *	7.80 sec	8.10 sec
60 metres Hurdles	7.80 sec *	8.15 sec *	8.35 sec *					60 metres Hurdles	8.15 sec #	8.30 sec *	9.70 sec *	10.65 sec #
Heptathlon	5720 points *	5600 points *	5050 points *					Heptathlon	5025 points #	4950 points *	2090 points *	1640 points *
Under 20 Men								Under 17 Men				
Event	Grade 1	Grade 2	Grade 3					Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	10.9 sec *	11.1 sec *	11.3 sec *					100 metres	11.2 sec	11.3 sec *	11.5 sec *	11.8 sec *
200 metres	22.2 sec *	22.5 sec *	22.9 sec *					200 metres	22.7 sec *	23.0 sec *	23.5 sec *	24.0 sec *
400 metres	49.6 sec *	50.4 sec *	51.5 sec *					400 metres	51.0 sec *	52.0 sec *	53.0 sec *	54.5 sec *
800 metres	1 min 55.0 sec #	1 min 57.0 sec *	1 min 59.0 sec *					800 metres	1 min 59.0 sec #	2 min 01.0 sec *	2 min 03.5 sec *	2 min 07.0 sec *
1500 metres	3 min 58.0 sec *	4 min 02.0 sec *	4 min 07.0 sec *									
3000 metres	8 min 41.0 sec *	8 min 50.0 sec *	9 min 05.0 sec *									
5000 metres	15 min 03.0 sec #	15 min 24.0 sec *	15 min 47.0 sec #									
10,000 metres	30 min 50.0 sec	32 min 00.0 sec	33 min 10.0 sec									
110 metres Hurdles	14.4 sec	15.1 sec	15.6 sec									
400 metres Hurdles	55.4 sec #	57.2 sec #	59.0 sec *									
2000 metres Steeplechase	6 min 11.0 sec #	6 min 19.0 sec #	6 min 33.0 sec *									
High Jump	1.95 metres #	1.87 metres #	1.80 metres									
Long Jump	6.65 metres *	6.40 metres *	6.15 metres *									
Triple Jump	13.55 metres *	13.00 metres *	12.45 metres *									
Pole Vault	4.40 metres	4.20 metres *	3.80 metres *									
Javelin	55.50 metres *	49.40 metres *	44.50 metres *									
Discus	43.85 metres *	39.95 metres *	35.65 metres *									
Hammer	57.35 metres #	50.95 metres *	45.60 metres *									
Shot	13.75 metres #	12.75 metres	11.65 metres *									
Decathlon	6740 points *	6290 points *	5850 points *									
3000 metres Walk	13 min 00.0 sec *	14 min 00.0 sec *	14 min 45.0 sec *									
5000 metres Walk	21 min 40.0 sec ^	22 min 45.0 sec ^	23 min 30.0 sec ^									
10,000 metres Walk	45 min 10.0 sec *	47 min 35.0 sec *	49 min 10.0 sec *									
Indoor												
60 metres	7.10 sec	7.20 sec *	7.30 sec									
60 metres Hurdles	8.15 sec #	8.30 sec *	8.50 sec *									
Heptathlon	5025 points #	4950 points *	4585 points *									