

**STANDARDS FOR WOMEN/GIRLS 2009/10**

**Senior Women**

Event	Grade 1	Grade 2	Grade 3
100 metres	11.9 sec	12.2 sec *	12.5 sec *
200 metres	24.4 sec #	24.9 sec *	25.5 sec *
400 metres	56.2 sec #	57.4 sec *	59.1 sec *
800 metres	2 min 08.9 sec *	2 min 11.3 sec *	2 min 15.7 sec *
1500 metres	4 min 25.0 sec #	4 min 31.5 sec *	4 min 40.0 sec *
3000 metres	9 min 40.0 sec #	9 min 56.0 sec *	9 min 56.0 sec *
5000 metres	16 min 07.0 sec #	16 min 36.0 sec #	17 min 23.0 sec #
10,000 metres	31 min 50.0 sec	33 min 35.0 sec *	36 min 25.0 sec #
100 metres Hurdles	14.0 sec	14.4 sec *	15.1 sec *
400 metres Hurdles	61.0 sec	63.0 sec *	65.5 sec *
1500 metres Steeplechase	5 min 10.0 sec ^	5 min 15.0 sec ^	5 min 23.0 sec ^
2000 metres Steeplechase	6 min 43.5 sec #	7 min 04.0 sec #	7 min 23.0 sec #
3000 metres Steeplechase	9 min 38.0 sec *	9 min 44.0 sec *	10 min 29.0 sec #
High Jump	1.70 metres #	1.65 metres	1.60 metres
Long Jump	5.65 metres	5.45 metres *	5.20 metres *
Triple Jump	11.90 metres #	11.15 metres *	10.60 metres *
Pole Vault	3.70 metres #	3.50 metres *	3.10 metres *
Javelin	40.15 metres *	36.70 metres *	33.10 metres *
Discus	40.00 metres	36.40 metres *	33.25 metres *
Hammer	48.75 metres #	44.70 metres	38.85 metres *
Shot	11.90 metres #	11.00 metres *	10.10 metres *
Heptathlon	5340 points #	4840 points #	4310 points #
3000 metres Walk	14 min 50.0 sec *	15 min 20.0 sec *	15 min 40.0 sec *
5000 metres Walk	24 min 30.0 sec *	26 min 00.0 sec *	26 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	7.80 sec *	8.00 sec *
60 metres Hurdles	8.60 sec #	8.70 sec	9.10 sec #
Pentathlon	4230 points *	3940 points *	3660 points *

**Under 20 Women**

Event	Grade 1	Grade 2	Grade 3
100 metres	12.3 sec	12.6 sec *	12.8 sec *
200 metres	25.2 sec	25.6 sec *	26.1 sec *
400 metres	57.9 sec	59.0 sec *	60.4 sec *
800 metres	2 min 12.5 sec *	2 min 15.5 sec *	2 min 18.5 sec *
1500 metres	4 min 33.5 sec *	4 min 39.5 sec *	4 min 47.0 sec *
3000 metres	9 min 56.5 sec *	10 min 16.0 sec *	10 min 40.0 sec *
5000 metres	16 min 12.0 sec #	16 min 45.0 sec #	17 min 40.0 sec #
100 metres Hurdles	14.6 sec #	15.0 sec *	15.4 sec *
400 metres Hurdles	64.1 sec #	65.5 sec *	67.7 sec *
1500 metres Steeplechase	5 min 10.0 sec *	5 min 15.0 sec *	5 min 23.0 sec *
High Jump	1.66 metres #	1.63 metres #	1.60 metres *
Long Jump	5.45 metres *	5.25 metres *	5.05 metres *
Triple Jump	11.15 metres #	10.70 metres	10.25 metres *
Pole Vault	3.50 metres #	3.30 metres *	2.90 metres *
Javelin	38.35 metres *	35.05 metres *	31.70 metres *
Discus	36.20 metres *	32.55 metres *	28.90 metres *
Hammer	46.95 metres *	42.40 metres *	36.70 metres *
Shot	10.95 metres *	10.05 metres *	9.20 metres *
Heptathlon	4960 points #	4680 points *	4300 points *
Pentathlon	3540 points *	3340 points *	3070 points *
3000 metres Walk	15 min 40.0 sec *	16 min 20.0 sec *	17 min 00.0 sec *
5000 metres Walk	26 min 25.0 sec #	27 min 30.0 sec *	28 min 35.0 sec *
10,000 metres Walk	55 min 50.0 sec *	58 min 00.0 sec *	60 min 10.0 sec *
<b>Indoors</b>			
60 metres	7.80 sec	8.00 sec *	8.15 sec *
60 metres Hurdles	8.90 sec #	9.05 sec #	9.30 sec #
Pentathlon	3900 points *	3880 points *	3650 points *

**Under 17 Women**

Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	12.5 sec	12.7 sec *	12.9 sec *	13.1 sec *
200 metres	25.6 sec *	26.0 sec *	26.5 sec *	27.1 sec *
300 metres	41.4 sec *	42.1 sec *	43.0 sec *	44.3 sec *
400 metres	58.6 sec #	59.5 sec #	60.2 sec #	62.0 sec #

800 metres	2 min 14.6 sec *	2 min 17.1 sec *	2 min 20.8 sec *	2 min 25.4 sec *
1500 metres	4 min 39.2 sec *	4 min 45.7 sec *	4 min 53.6 sec *	5 min 03.3 sec *
3000 metres	10 min 14.5 sec *	10 min 33.5 sec *	10 min 59.3 sec *	11 min 34.3 sec *
80 metres Hurdles	12.2 sec #	12.4 sec #	12.9 sec #	13.8 sec #
300 metres Hurdles	45.6 sec #	46.8 sec *	48.4 sec *	50.8 sec *
High Jump	1.62 metres #	1.60 metres *	1.55 metres *	1.48 metres *
Long Jump	5.30 metres *	5.10 metres *	4.90 metres *	4.70 metres *
Triple Jump	10.75 metres #	10.40 metres #	9.95 metres *	9.35 metres *
Pole Vault	3.20 metres #	2.90 metres #	2.65 metres #	2.15 metres #
Javelin	35.15 metres *	32.45 metres *	29.45 metres *	25.95 metres *
Discus	32.80 metres *	30.15 metres *	27.95 metres *	24.55 metres *
Hammer	39.60 metres *	36.50 metres *	29.90 metres *	22.20 metres *
Shot	9.95 metres #	9.45 metres *	8.75 metres *	7.90 metres *
Heptathlon	4290 points #	4010 points #	3750 points #	2890 points #
3000 metres Walk	15 min 48.0 sec *	16 min 00.0 sec *	16 min 13.0 sec *	17 min 42.0 sec *
5000 metres Walk	26 min 25.0 sec *	26 min 40.0 sec *	27 min 04.0 sec *	29 min 25.0 sec *
<b>Indoor</b>				
60 metres	8.00 sec	8.10 sec *	8.25 sec *	8.45 sec *
60 metres Hurdles	8.90 sec	9.20 sec	9.45 sec *	10.05 sec #
Pentathlon	3330 points *	3170 points *	2890 points *	2560 points *

**Under 15 Girls**

Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	12.8 sec	13.0 sec *	13.3 sec *	13.6 sec *
200 metres	26.3 sec *	26.8 sec *	27.3 sec *	28.0 sec *
300 metres	42.5 sec #	43.0 sec *	43.9 sec *	44.8 sec *
800 metres	2 min 21.0 sec	2 min 23.5 sec *	2 min 27.5 sec *	2 min 32.0 sec *
1500 metres	4 min 51.0 sec *	4 min 58.5 sec *	5 min 04.5 sec *	5 min 15.5 sec *
3000 metres	10 min 28.0 sec #	10 min 51.5 sec #	11 min 12.0 sec #	11 min 45.0 sec #
75 metres Hurdles	12.0 sec	12.3 sec *	12.8 sec *	13.5 sec *
High Jump	1.55 metres #	1.50 metres	1.45 metres	1.40 metres *
Long Jump	4.90 metres #	4.75 metres *	4.60 metres *	4.35 metres *
Triple Jump	10.20 metres #	10.00 metres #	9.60 metres #	9.00 metres #
Pole Vault	2.80 metres #	2.60 metres #	2.30 metres #	2.00 metres #
Javelin	29.60 metres *	25.45 metres *	23.95 metres *	20.70 metres *
Discus	27.95 metres *	22.95 metres *	22.10 metres *	19.95 metres *
Hammer	38.30 metres #	32.95 metres #	29.05 metres *	22.60 metres *
Shot	9.65 metres *	9.15 metres *	8.55 metres *	7.80 metres *
Pentathlon	2720 points #	2530 points #	2280 points #	1850 points #
2500 metres Walk	13 min 35.0 sec *	14 min 00.0 sec *	14 min 30.0 sec *	16 min 10.0 sec *
3000 metres Walk	16 min 15.0 sec *	16 min 45.0 sec *	17 min 20.0 sec *	19 min 20.0 sec *
<b>Indoor</b>				
60 metres	8.20 sec	8.35 sec *	8.50 sec *	8.80 sec *
60 metres Hurdles	9.45 sec #	9.75 sec #	10.00 sec	10.65 sec #
Pentathlon	2960 points *	2755 points *	2550 points *	2135 points *

**Under 13 Girls**

Event	Grade 1	Grade 2	Grade 3	Grade 4
75 metres	10.4 sec	10.6 sec *	10.8 sec *	11.2 sec *
100 metres	13.6 sec #	13.9 sec *	14.2 sec *	14.7 sec *
150 metres	20.5 sec	21.0 sec *	21.5 sec *	22.4 sec *
200 metres	28.4 sec #	29.0 sec *	29.7 sec *	30.8 sec *
800 metres	2 min 32.0 sec #	2 min 35.5 sec	2 min 40.0 sec *	2 min 46.0 sec *
1200 metres	4 min .03.0 sec *	4 min 09.5 sec *	4 min 16.5 sec *	4 min 28.0 sec *
1500 metres	5 min 13.0 sec #	5 min 20.0 sec #	5 min 28.5 sec *	5 min 43.5 sec *
70 metres Hurdles	12.3 sec #	12.6 sec *	13.1 sec *	13.9 sec *
High Jump	1.38 metres #	1.33 metres	1.28 metres *	1.20 metres *
Long Jump	4.35 metres	4.20 metres *	4.05 metres *	3.75 metres *
Javelin	22.70 metres #	20.70 metres #	17.90 metres *	13.85 metres *
Discus	21.60 metres #	19.55 metres *	17.00 metres *	14.10 metres *
Hammer	35.00 metres #	29.50 metres #	25.50 metres #	18.00 metres #
Shot	8.00 metres #	7.50 metres *	6.80 metres *	6.00 metres *
Pentathlon	2190 points #	2110 points #	1930 points #	1640 points #
2000 metres Walk	11 min 30.0 sec *	11 min 50.0 sec *	12 min 40.0 sec *	13 min 20.0 sec *
2500 metres Walk	14 min 35.0 sec *	14 min 55.0 sec *	15 min 55.0 sec *	16 min 45.0 sec *
<b>Indoor</b>				
60 metres	8.60 sec #	8.80 sec	9.00 sec *	9.50 sec
60 metres Hurdles	10.30 sec #	10.70 sec #	11.10 sec #	12.20 sec #
Pentathlon	2410 points ^	2275 points ^	1910 points ^	1470 points ^