

# 2011 High Performance Funding Standards

March, 2011

## WOMEN

	18	19	20	21	22	23	24	25+
100m	12.15	12.09	11.97	11.85	11.75	11.71	11.67	11.63
200m	25.20	24.93	24.75	24.52	24.37	24.24	24.16	24.09
400m	57.44	56.54	54.93	54.78	54.38	53.82	53.61	53.37
800m	02:10.18	02:08.98	02:08.14	02:07.37	02:06.18	02:05.75	02:05.33	02:04.98
1500m	04:37.58	04:31.34	04:26.59	04:20.33	04:19.31	04:18.68	04:17.61	04:16.70
5000m	15:58.57	15:56.92	15:51.87	15:48.46	15:34.43	15:33.68	15:32.96	15:31.72
100m H	14.51	14.29	14.05	13.96	13.81	13.74	13.60	13.44
400m H	62.09	61.31	60.08	59.27	59.03	58.70	58.43	58.15
3000m ST	10:51.59	10:32.72	10:17.74	10:10.17	10:06.25	10:03.03	10:00.09	09:56.93
High Jump	1.72	1.74	1.74	1.77	1.80	1.83	1.85	1.86
Long Jump	5.67	5.79	5.93	5.95	6.13	6.22	6.32	6.45
Triple Jump	12.47	12.47	12.91	12.91	13.17	13.17	13.29	13.29
Pole Vault	3.72	3.82	3.92	4.02	4.12	4.21	4.26	4.31
Shot Put	13.82	14.57	15.01	15.39	15.69	15.95	16.23	16.44
Discus	49.75	49.75	52.78	52.78	54.79	54.79	57.06	57.06
Javelin	45.90	47.38	50.70	51.64	52.86	54.43	55.11	55.75
Hammer	50.81	52.67	54.56	56.17	57.20	58.65	60.60	62.00
Heptathlon	4573	4743	5064	5266	5354	5475	5652	5707

## MEN

	18	19	20	21	22	23	24	25+
100m	10.85	10.75	10.66	10.60	10.58	10.51	10.44	10.42
200m	22.03	21.96	21.79	21.60	21.54	21.34	21.23	21.13
400m	49.27	48.80	48.15	47.80	47.57	47.46	47.35	47.13
800m	01:51.38	01:51.16	01:50.39	01:50.04	01:49.37	01:48.96	01:48.75	01:48.55
1500m	03:55.03	03:52.83	03:52.22	03:49.93	03:48.12	03:47.10	03:46.45	03:46.20
5000m	14:07.24	14:01.02	13:51.94	13:50.06	13:46.32	13:43.58	13:40.74	13:38.84
110m H - 1.067m	14.87	14.71	14.60	14.46	14.27	14.23	14.19	14.09
110m H - 99cm	14.51	14.41						
400m Hurdles	54.52	53.82	53.26	52.76	52.25	51.80	51.43	51.58
3000m ST	08:54.49	08:54.49	08:49.59	08:46.44	08:41.42	08:36.50	08:34.60	08:32.68
High Jump	2.03	2.07	2.11	2.15	2.18	2.18	2.21	2.21
Long Jump	7.17	7.29	7.33	7.41	7.54	7.60	7.64	7.68
Triple Jump	14.84	15.07	15.41	15.56	15.86	15.98	16.07	16.18
Pole Vault	4.90	4.90	5.05	5.15	5.19	5.24	5.29	5.34
Shot Put (7.26kg)	14.97	15.54	16.63	16.98	17.76	18.01	18.40	18.83
Shot Put (6kg)	16.47	17.10						
Discus (2kg)	47.62	51.93	54.52	55.71	56.82	57.20	59.46	60.21
Discus (1.75kg)	50.24	53.66						
Javelin (800g)	65.31	65.49	67.95	69.90	71.22	73.28	74.87	76.12
Hammer (7.26kg)	59.14	63.93	63.03	64.06	65.44	66.37	67.40	68.76
Hammer (6kg)	56.14	60.88						
Decathlon	6554	6621	6805	7033	7241	7404	7482	7639