

**TRI-PROVINCE: U16 WOMEN**

	A Standard	B Standard	C Standard		A Standard	B Standard	C Standard		A Standard	B Standard	C Standard		A Standard	B Standard	C Standard
High Jump	1.55	1.51	1.42	Shot Put 3kg	10.96	10.07	9.53	800m	02:18.62	02:20.03	02:21.81	100m	12.76	12.94	13.17
Long Jump	5.18	4.92	4.81	Discus 1Kg	30.41	26.73	24.41	1200m	03:43.76	03:47.09	03:54.58	200m	26.63	26.87	27.45
Triple Jump	10.76	10.43	10.25	Hammer 3Kg	35.61	28.26	27.73	2000m	06:43.84	07:02.01	07:15.46	300m	41.00	42.46	42.87
Pole Vault	2.26	2.26		Javelin 500g	31.60	28.13	24.36	1500m Steeple	05:15.65	05:33.02	05:40.93	80mH	12.75	13.07	13.61
												200mH	28.64	31.35	31.61

**TRI-PROVINCE: U18 WOMEN**

	A Standard	B Standard	C Standard		A Standard	B Standard	C Standard		A Standard	B Standard	C Standard		A Standard	B Standard	C Standard
High Jump	1.57	1.51	1.47	Shot Put 3Kg	11.66	10.56	10.19	800m	02:16.70	02:21.48	02:29.34	100m	12.54	12.69	12.85
Long Jump	5.20	5.00	4.87	Discus 1Kg	33.34	30.60	28.40	1500m	04:42.83	04:56.01	05:04.67	200m	25.89	26.10	26.57
Triple Jump	11.26	11.09	10.47	Hammer 3Kg	41.01	38.30	30.85	3000m	10:30.11	11:24.53	11:29.62	400m	00:57.6	01:00	01:00.83
Pole Vault	3.09	2.47		Javelin 500g	35.31	34.34	30.52	2000m Steeple	07:28.51	07:34.31	08:45.87	100m H	15.41	16.09	17.09
												400m H	01:06.63	01:10.13	01:14.13

**TRI-PROVINCE: U16 MEN**

	A Standard	B Standard	C Standard		A Standard	B Standard	C Standard		A Standard	B Standard	C Standard		A Standard	B Standard	C Standard
High Jump	1.74	1.67	1.58	Shot Put 4Kg	12.73	11.80	11.18	800m	02:06.28	02:09.60	02:12.03	100m	11.48	11.68	11.93
Long Jump	5.85	5.57	5.37	Discus 1Kg	39.95	34.95	32.71	1200m	03:24.97	03:29.01	03:34.77	200m	23.63	24.07	24.37
Triple Jump	11.50	10.92	10.54	Hammer 4Kg	34.61	27.30	25.73	2000m	06:08.04	06:22.88	06:39.08	300m	37.40	38.07	38.84
Pole Vault	2.75			Javelin 600g	39.93	35.26	33.92	1500m Steeple	04:51.78	04:46.30	04:53.44	100mH	15.04	15.22	16.72
												200mH	27.28	27.84	29.40

**TRI-PROVINCE: U18 MEN**

	A Standard	B Standard	C Standard		A Standard	B Standard	C Standard		A Standard	B Standard	C Standard		A Standard	B Standard	C Standard
High Jump	1.83	1.61	1.69	Shot Put 5Kg	12.97	11.54	11.32	800m	01:57.4	01:58.42	02:00.49	100m	11.18	11.38	11.55
Long Jump	6.43	6.02	5.79	Discus 1.5Kg	40.60	36.87	33.78	1500m	04:04.3	04:10.00	04:14.41	200m	22.61	23.17	23.37
Triple Jump	13.07	12.28	11.96	Hammer 5Kg	39.09	27.08	30.76	3000m	09:12.0	09:24.42	09:31.46	400m	50.02	50.98	52.14
Pole Vault	3.39	2.70		Javelin 700g	47.41	43.36	39.81	2000m Steeple	06:11.7	06:29.67	06:36.42	110m H	15.40	16.30	16.87
												400m H	00:58.24	00:59.51	01:02.66