

2023 Dual Meet Standards



U16 Women	A Standard	B Standard	C Standard
80mH	12.80	13.09	13.35
200mH	29.00	31.58	33.43
100m	12.74	12.94	13.17
200m	26.44	26.84	27.20
300m	41.13	42.95	43.65
800m	02:20.3	02:21.80	02:25.39
1200m	03:45.48	03:48.47	03:54.70
2000m	06:45.01	07:01.53	07:15.70
1500m Steeple	05:24.13	05:35.56	
High Jump	1.53	1.48	1.40
Long Jump	5.18	4.91	4.81
Triple Jump	10.65	10.35	10.09
Pole Vault	2.28	2.16	
Shot Put 3kg	10.78	10.56	9.32
Discus 1kg	28.38	26.11	23.85
Hammer 3kg	32.86	25.86	24.73
Javelin 500g	31.28	27.32	23.68
Pentathlon	2105.00		

U18 Women	A Standard	B Standard	C Standard
100mH	15.48	16.45	17.01
400mH	01:07.04	01:09.45	01:13.35
100m	12.44	12.64	12.76
200m	25.77	26.10	26.54
400m	00:57.7	01:00	01:00.43
800m	02:14.62	02:20.11	02:27.47
1500m	04:39.42	04:54.99	05:10.46
3000m	10:27.06	11:31.15	11:51.47
2000m Steeple	07:17.10	07:49.04	08:45.87
High Jump	1.57	1.51	1.47
Long Jump	5.20	5.07	4.87
Triple Jump	11.02	10.86	10.32
Pole Vault	3.08	2.46	
Shot Put 3kg	11.65	10.56	10.25
Discus 1kg	32.84	30.14	27.39
Hammer 3kg	39.50	33.39	29.03
Javelin 500g	33.03	32.05	28.69
Heptathlon	3847.00		

U16 Men	A Standard	B Standard	C Standard
100mH	15.20	15.66	16.46
200mH	27.22	27.44	28.19
100m	11.53	11.69	11.96
200m	23.55	24.00	24.31
300m	37.73	38.49	38.86
800m	02:05.78	02:09.19	02:11.32
1200m	03:23.88	03:27.37	03:33.72
2000m	06:07.81	06:22.75	06:43.33
1500m Steeple	04:58.59	05:08.62	
High Jump	1.71	1.64	1.55
Long Jump	5.82	5.58	5.34
Triple Jump	11.54	10.83	10.43
Pole Vault	2.75	2.50	
Shot Put 4kg	12.56	11.71	11.18
Discus 1kg	37.70	35.21	31.07
Hammer 4 kg	33.87	31.48	25.73
Javelin 600g	39.89	35.77	33.92
Pentathlon	1839		

U18 Men	A Standard	B Standard	C Standard
110mH	15.59	16.15	17.05
400mH	00:59.23	01:00.51	01:02.66
100m	11.08	11.38	11.53
200m	22.57	23.20	23.56
400m	50.36	51.14	52.94
800m	01:57.0	01:58.69	02:00.36
1500m	04:06.4	04:11.24	04:13.75
3000m	09:12.8	09:22.78	09:30.59
2000m Steeple	06:16.8	06:41.72	
High Jump	1.84	1.63	
Long Jump	6.45	5.96	5.72
Triple Jump	13.03	12.35	11.87
Pole Vault	3.32	2.70	
Shot Put 5 kg	12.81	10.87	10.62
Discus 1.5kg	43.22	36.47	33.50
Hammer 5kg	38.87	30.69	24.68
Javelin 700g	47.55	43.47	35.71
Decathlon	4986	3627	