



AAA
STANDARDS SCHEME

2009/2010

THE COMMON STANDARDS SCHEME

THE COMMON STANDARDS SCHEME

The agreement reached in 1996 between representatives of the AAA of England and the Celtic Countries in respect of the recognition of common Track and Field Standards essentially remains in force. The performances listed hereunder (with the exception of non UK YAL competition for Under 13 age group athletes in N.Ireland) apply to all British Athletics, irrespective of whether any Country intends, or not, to make Certificates and/or Badges available to their athletes.

With the advent of data bases of performances it has been decided to completely revise the standards tables every two years and to introduce standards for events which appear in the data bases which have not previously appeared in the tables. The Senior and Junior Men's 5,000 metre walk, Under 17 Men's indoor heptathlon, Under 13 Boys pentathlon (indoors and outdoors), Senior Women's 1500 metre steeplechase and Under 13 Girls indoor pentathlon are the additions. The method of revising the tables has been to look at the total number of performances recorded in the data bases and to try to pitch the standards such that the top 7.5% of performances would attain a grade 1 standard; the top 15% of performances a grade 2 standard; the top 30% a grade 3 standard; the top 65% a grade 4 standard. Over 63% of the standards have increased; 24% decreased and 8% remain unchanged whilst 3% of the standards are for events new to the tables. The Standards for Senior athletes are for guidance only as there are no badges available for that age group.

The indoor 60 metres and 60 metres Hurdles standards have been fixed with two decimal places as most indoor competition now has the advantage of photo finish and, with the advent of new facilities, this would appear to be the path indoor competition is following.

Any queries on this Scheme should be addressed to Edwin Bellamy, 17 Parkdale, Barton upon Humber DN18 5EQ.
Telephone: 01652 633422. E-mail: ebellath@aol.com

AAA STANDARDS SCHEME

This Association will for the 2009 & 2010 Seasons, use the COMMON STANDARDS SCHEME incorporating the revisions referred to above. All the applicable Standards are listed in the following pages. Badges will be available for the FOUR Grades in the UNDER 17, UNDER 15 and UNDER 13 AGE GROUPS and THREE Grades in the UNDER 20 AGE GROUP, as defined by UK Athletic Rules.

The performance to be recognised must be achieved in the actual category of competition at 1) National, Territorial and County Championships; 2) at all Young Athletes and other League competitions, Open Meetings and Inter-Club Trophy Meetings; 3) at other approved meetings: and 4) at ESAA National, Regional and County Championships.

The Scheme is co-ordinated by the Territorial Associations from whom Certificates and or Badges are available. The Certificates, issued free, give details of addresses from which Athletes may obtain Badges at a cost of **£2.00 PLUS SELF ADDRESSED STAMPED ENVELOPE** for return of Badge. Clubs are encouraged to make bulk applications for their athletes.

1. The Standards set for ALL FIELD EVENTS in EACH AGE GROUP are based on the use of the implement weights and specifications as detailed under UK Athletic Rules. Standards are not set for the use of 'under' or 'over' weight implements. Similarly Standards for Hurdle/Steeplechase Events are based on the use of Hurdles/Barriers to the heights and spacings as defined by UK Athletic Rules.
2. Standards may be obtained for ALL Indoor Events additional to the 60 metres and 60m Hurdles using the relevant Tables.
3. Standards may be obtained in each or every single event contained within any Multi-Event competition.
4. Although Standards are listed for SENIORS it is NOT the intention to make BADGES available for this Age Group. They are included for use by Leagues etc.

Queries on the scheme may be addressed to the AAA Hon. Standards Officer, Edwin Bellamy, 17 Parkdale, Barton upon Humber DN18 5EQ. Telephone: 01652 633422. E-mail: ebellath@aol.com; to the Midland Counties AA or South of England AA at their registered HQ address as below. The Hon. Standards Officer would appreciate copies of full results (including all heats, finals and rounds) of all competitions. Organisers of athletic meetings are urged to ensure that full results of their meetings are provided to those who maintain performance databases as it is only by having the full range of performances recorded that the standards can be revised accurately.

Midland Counties AA *Alexander Stadium, Walsall Road, Perry Barr, Birmingham B42 2LR*

Northern Athletics *E.S.BELLAMY, 17 Parkdale, Barton-upon-Humber. DN18 5EQ*

South of England AA *SEAA Office, The Jubilee Stand, The Crystal Palace National Sports Centre, Ledrington Road, London, SE19 2BB*

STANDARDS FOR MEN AND BOYS 2009/10

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

Senior Men

Event	Grade 1	Grade 2	Grade 3
100 metres	10.7 sec	10.9 sec *	11.3 sec
200 metres	21.5 sec *	22.0 sec *	22.5 sec *
400 metres	48.5 sec *	49.5 sec *	50.3 sec *
800 metres	1 min 51.8 sec	1 min 53.6 sec *	1 min 56.0 sec *
1500 metres	3 min 49.3 sec #	3 min 54.4 sec *	3 min 59.5 sec *
3000 metres	8 min 17.4 sec ^	8 min 27.6 sec ^	8 min 42.6 sec ^
5000 metres	14 min 27.0 sec #	14 min 46.0 sec *	15 min 15.0 sec
10,000 metres	29 min 31.0 sec *	31 min 02.0 sec #	32 min 08.0 sec #
110 metres Hurdles	14.4 sec #	14.8 sec	15.4 sec #
400 metres Hurdles	53.8 sec #	55.4 sec #	57.5 sec #
3000 metres Steeplechase	9 min 22.0 sec #	9 min 40.0 sec #	9 min 59.0 sec #
High Jump	2.00 metres #	1.95 metres *	1.87 metres *
Long Jump	6.95 metres *	6.75 metres *	6.45 metres *
Triple Jump	14.20 metres *	13.60 metres *	12.95 metres *
Pole Vault	4.70 metres	4.40 metres *	4.10 metres *
Javelin	58.25 metres #	52.80 metres *	47.50 metres *
Discus	44.35 metres #	40.75 metres #	36.90 metres #
Hammer	56.35 metres #	48.30 metres #	42.15 metres #
Shot	13.45 metres #	12.65 metres #	11.55 metres #
Decathlon	7440 points *	6880 points *	6100 points *
3000 metres Walk	12 min .50.0 sec *	13 min 15.0 sec *	14 min 00.0 sec *
5000 metres Walk	21 min 25.0 sec ^	22 min 25.0 sec ^	23 min 05.0 sec ^
10,000 metres Walk	44 min 20.0 sec *	46 min 50.0 sec *	48 min 35.0 sec *
indoor			
60 metres	6.90 sec *	7.00 sec *	7.10 sec *
60 metres Hurdles	7.80 sec *	8.15 sec *	8.35 sec *
Heptathlon	5720 points *	5600 points *	5050 points *

Under 20 Men

Event	Grade 1	Grade 2	Grade 3
100 metres	10.9 sec *	11.1 sec *	11.3 sec *
200 metres	22.2 sec *	22.5 sec *	22.9 sec *
400 metres	49.6 sec *	50.4 sec *	51.5 sec *
800 metres	1 min 55.0 sec #	1 min 57.0 sec *	1 min 59.0 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	33min 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 *	14min 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 *

Under 17 Men

Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	11.2 sec	11.3 sec *	11.5 sec *	11.8 sec *
200 metres	22.7 sec *	23.0 sec *	23.5 sec *	24.0 sec *
400 metres	51.0 sec *	52.0 sec *	53.0 sec *	54.5 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	4 min 08.0 sec	4 min 12.0 sec *	4 min 17.0 sec *	4 min 26.0 sec *

Under 17 Men (continued)

Event	Grade 1	Grade 2	Grade 3	Grade 4
3000 metres	9 min 02.5 sec #	9 min 13.0 sec *	9 min 28.0 sec*	9 min 50.0 sec *
100 metre Hurdles	13.9 sec #	14.3 sec	14.8 sec *	15.7 sec *
400 metre Hurdles	57.5 sec #	59.0 sec*	61.1 sec *	64.5 sec *
1500 metres Steeplechase	4 min 40.0 sec #	4 min 43.5 sec #	4 min 57.5 sec #	5 min 15.0 sec #
High Jump	1.85 metres #	1.80 metres	1.75 metres *	1.68 metres *
Long Jump	6.25 metres *	6.05 metres *	5.85 metres *	5.55 metres *
Triple Jump	13.00 metres *	12.50 metres *	12.05 metres *	11.60 metres *
Pole Vault	4.00 metres #	3.65 metres #	3.35 metres *	2.80 metres *
Javelin	49.45 metres #	46.40 metres *	42.85 metres*	38.00 metres *
Discus	41.25 metres #	37.40 metres *	34.20 metres *	29.80 metres *
Hammer	51.50 metres *	47.40 metres *	39.75 metres *	30.10 metres *
Shot	13.15 metres #	12.25 metres #	11.55 metres *	10.60 metres *
Octathlon	4670 points #	4460 points *	4070 points *	3390 points *
3000 metres Walk	14 min 50.0 sec	15 min 10.0 sec	16 min 00.0 sec	17 min 00.0 sec
5000 metres Walk	24 min 40.0 sec *	25 min 00.0 sec *	25 min 50.0 sec *	27 min 42.0 sec *
indoor				
60 metres	7.20 sec *	7.30 sec *	7.40 sec *	7.60 sec *
60 metres Hurdles	8.35 sec #	8.55 sec *	8.85 sec *	9.50 sec #
Pentathlon	3240 points #	3150 points *	2950 points *	2425 points *
Heptathlon	4825 points ^	4440 points ^	4300 points ^	3840 points ^

Under 15 Boys

Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	11.7 sec *	11.9 sec *	12.1 sec *	12.5 sec *
200 metres	23.9 sec *	24.3 sec *	24.8 sec *	25.6 sec *
400 metres	54.5 sec #	55.8 sec*	57.0 sec *	59.0 sec *
800 metres	2min 07.0 sec *	2 min 10.0 sec *	2 min 13.5 sec *	2 min 18.5 sec *
1500 metres	4 min 22.5 sec *	4 min 28.5 sec *	4 min 35.5 sec *	4 min 46.0 sec*
3000 metres	9 min 23.0 sec *	9 min 39.0 sec *	9 min 53.0 sec *	10 min 17.5 sec *
80 metres Hurdles	12.2 sec #	12.5 sec	12.9 sec *	13.7 sec*
High Jump	1.70 metres #	1.65 metres *	1.60 metres *	1.55 metres *
Long Jump	5.65 metres #	5.50 metres *	5.30 metres *	5.00 metres *
Triple Jump	11.70 metres #	11.35 metres #	10.95 metres #	10.30 metres *
Pole Vault	2.95 metres #	2.70 metres #	2.50 metres #	2.15 metres #
Javelin	42.20 metres #	39.15 metres *	36.40 metres *	32.90 metres *
Discus	36.65 metres *	33.75 metres *	30.35 metres *	27.25 metres *
Hammer	46.20 metres *	38.35 metres *	31.45 metres *	25.00 metres *
Shot	12.10 metres #	11.55 metres *	10.95 metres *	10.05 metres *
Pentathlon	2550 points #	2400 points *	2165 points *	1860 points *
3000 metres Walk	14 min 53.0 sec *	15 min 45.0 sec *	16 min 33.0 sec *	17 min 16.0 sec *
Indoor				
60 metres	7.50 sec	7.65 sec *	7.80 sec	8.10 sec
60 metres Hurdles	9.05 sec #	9.25 sec *	9.70 sec *	10.65 sec #
Pentathlon	2640 points *	2365 points *	2090 points *	1640 points *

Under 13 Boys

Event	Grade 1	Grade 2	Grade 3	Grade 4
75 metres	9.9 sec	10.2 sec	10.5 sec	11.0 sec
100 metres	13.1 sec #	13.4 sec *	13.7 sec *	14.1 sec *
150 metres	20 .0 sec *	20.5 sec *	21.5 sec *	22.5 sec *
200 metres	27.0 sec	27.6 sec *	28.3 sec *	29.2 sec *
800 metres	2 min 24.0 sec #	2 min 27.5 sec *	2 min 31.0 sec *	2 min 36.0 sec *
1500 metres	4 min 55.0 sec #	5 min 00.0 sec *	5 min 08.0 sec *	5 min 19.0 sec *
75 metre Hurdles	13.0 sec *	13.6 sec *	14.2 sec *	15.4 sec *
High Jump	1.45 metres #	1.40 metres *	1.35 metres *	1.30 metres *
Long Jump	4.65 metres	4.50 metres *	4.35 metres	4.10 metres *
Javelin	31.60 metres #	29.60 metres *	26.20 metres *	21.60 metres *
Discus	24.25 metres #	22.45 metres *	20.10 metres *	16.55 metres *
Hammer	37.00 metres #	34.00 metres #	31.00 metres #	27.00 metres #
Shot	8.95 metres #	8.50 metres *	7.75 metres *	6.70 metres *
Pentathlon	1710 points ^	1540 points ^	1330 points ^	1150 points ^
2000 metres Walk	10 min 48.0 sec #	11 min 15.0 sec	11 min 50.0 sec	12 min 30.0 sec *
Indoor				
60 metres	8.40 sec	8.50 sec *	8.75 sec *	9.10 sec *
60 metres Hurdles	10.20 sec #	10.65 sec #	10.85 sec *	12.00 sec *
Pentathlon	1475 points ^	1300 points ^	1000 points ^	850 points ^

STANDARDS FOR WOMEN AND 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 *	10 min 17.5 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 #
indoor			
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 *
indoor			
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 *

Under 17 Women (continued)

	Grade 1	Grade 2	Grade 3	Grade 4
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 *
indoor				
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 *	25.20 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 *
indoor				
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 *
indoor				
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 ^

