

Club Standards - Men								Club Standards - Women							
	Senior	U20	U17	U15	Masters	U13	U11		Senior	U20	U17	U15	Masters	U13	U11
60m	7.1	7.3	7.6	8.4		8.8	9.0	60m	8.2	8.2	8.3	8.7		9.1	9.4
100m	11.1	11.3	11.7	12.3	12.6	13.6	14.6	100m	12.6	12.7	12.8	13.4	14.3	14.0	15.0
200m	22.7	23.2	24.0	25.3	25.5	29.0	31.5	200m	26.1	26.5	26.8	28.0	29.6	29.5	33.0
300m				41.2				300m			44.0	46.0			
400m	51.4	53.0	54.5		57.2			400m	62.0	63.0	64.0		67.0		
600m							2:00.0	600m							2:10.0
800m	1:57.0	2:00.0	2:07.0	2:15.0	2:10.0	2:30.0	2:45.0	800m	2:24.0	2:26.0	2:28.00	2:33.0	2:35.0	2:45.0	3:00.0
1500m	4:02.0	4:08.0	4:22.0	4:40.0	4:25.0	5:05.0		1200m						4:30.0	
3000m	8:50.0	9:03.0	9:04.0	10:30.0	10:17.0			1500m	5:00.0	5:10.0	5:15.0	5:30.0	5:19.1	5:45.0	
5000m	15:15.0	15:43.0	16:00.0		16:25.1			3000m	11:40.0	11:50.0	12:00.0		12:16.0		
10000m	32:30.0	34:00.0			35:06.4			10000m	40:00.0	42:00.0			46:49.3		
1/2 Mar	1:16.0				1:27.0			1/2 Mar	1:35.0				1:50.0		
Marathon	2:40.0				3:05.0			Marathon	3:30.0				3:50.0		
Hurdles	17.0	17.5	15.5	13.0	19.1	14.5		Hurdles	18.5	18.5	13.2	13.8	18.1	13.3	
400mH	60.0	62.0	64.0		64.9			300mH			52.0				
S/Chase	10:00.0	10:30.0	5:00.0		10:59.6			400mH	70.0	72.0	75.0		77.7		
HJ	1.80	1.70	1.70	1.55	1.47	1.35	1.20	HJ	1.50	1.47	1.44	1.41	1.30	1.26	1.14
LJ	6.40	6.15	5.80	5.30	5.05	4.35	3.90	LJ	5.20	5.00	4.90	4.60	3.80	4.20	3.90
TJ	13.00	12.30	11.70	10.60	10.55			TJ	10.40	10.00	9.80	9.00	8.10		
PV	3.20	2.90	2.50	2.20	3.15			PV	2.60	2.50	2.35	2.10	2.50		
JT	45.00	41.00	39.00	33.00	36.00	26.00	18.00	JT	25.00	24.00	24.00	22.00	22.00	19.00	15.00
DT	35.00	34.00	32.00	27.00	30.00	17.00		DT	25.00	24.00	23.00	20.00	20.00	17.00	
SP	12.00	11.50	11.50	10.50	10.50	7.50	6.50	SP	8.50	8.00	8.50	7.80	8.00	7.20	5.50
HT	35.00	30.00	28.00	24.00	34.00			HT	26.00	25.00	25.00	23.00	20.00		
Dec	5000	4500	4000					Hept	3400	3200	3200				
Pent			2500	2250		1500		Pent	2400	2300	2300	2250		1700	
The above master standards are for men aged 40-44 (see separate sheet for other master age group standards). In all age groups, members who equal or better a club standard will receive a standard certificate								The above master standards are for women aged 35-39 (see separate sheet for other master age group standards). In all age groups, members who equal or better a club standard will receive a standard certificate							