



**AAA**

**STANDARDS SCHEME**

**2017-2018**

**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 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 Power of 10 database. The method of revising the tables has been to look at the total number of performances recorded in the database 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. Some events have not been included due to there being insufficient data on which to base a realistic standard, i.e. performances by less than 50 individuals, however the Senior Women's 3,000 metres Steeplechase and the Under 20 Women's 2,000 metres Steeplechase have been included despite having less than 50 performances listed. Although the walks are not included in the Power of 10, their standards have been retained in the hope that more performances will be forthcoming. There are a few anomalies e.g. Grade 3 100 metres for Under 20 Women is faster than the corresponding grade for Senior Women. Similarly the Under 20 Women's 800m grades are all slightly superior to the Senior grades and the Under 17 Women's 1500m Steeplechase, grade 3 is superior to that of the Under 20 Women.

The Standards for Senior athletes are for guidance only as there are no badges available for that age group. It is recognised that this is the area where performances seem to be decreasing but perhaps this is due to the larger participation in area leagues rather than a diminishing performance at the top levels – international and elite.

As in the previous tables indoor 60 metres and 60 metres Hurdles standards were fixed with two decimal places as most indoor competition now has the advantage of photo finish.

**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](mailto:ebellath@aol.com)

## AAA STANDARDS SCHEME

This Association will for the 2017 & 2018 Seasons, use the COMMON STANDARDS SCHEME incorporating the revisions referred to above. All the applicable Standards are listed in the following pages. Badges are 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) League competitions, Open Meetings and Inter-Club Trophy Meetings; 3) at other approved meetings; and 4) at ESAA National, Regional and County Championships.

Certificates, which are 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. In addition badges may be obtained by e-mail application paying into the Association's Paypal account in which case an extra £1 per transaction will be added to cost of badge/s to cover Paypal charges and postage and packing. The e-mail address for such applications is [Badgesat17@aol.com](mailto:Badgesat17@aol.com) and should include the badge/s required together with a name and address to which the badge/s are to be sent. Blank certificates can be downloaded from a number of websites or sent electronically by the Honorary Standards Officer.

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.
2. Standards may be obtained for ALL Indoor Events additional to the 60 metres and 60m Hurdles using the relevant outdoor tables.
3. Standards may be obtained in each or every single event contained within any Combined-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](mailto:ebellath@aol.com); or to the Midland Counties AA at their registered HQ address as below.

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

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

## Standards for Men and Boys 2017-18

\*Improved standard, # reduced standard; ^ new event ;~ event not in common use but with 50 or more performances

## Senior Men

Event	Grade 1	Grade 2	Grade 3
100 metres	10.7 sec *	10.9 sec *	11.1 sec
200 metres	21.6 sec *	22.0 sec *	22.4 sec
400 metres	48.3 sec *	49.4 sec #	50.5 sec
800 metres	1 min 51.8 sec *	1 min 5 sec *	1 min 56. sec #
1,500 metres	3 min 48.5 sec *	3 min 53.5 sec *	4 min 00.0 sec *
1 Mile	4 min 01.0 sec *	4 min 04.5 sec *	4 min 10.5 sec #
3,000 metres	8 min 19.0 sec *	8 min 29.5 sec *	8 min 46.0 sec #
5,000 metres	14 min 23.0 sec *	14 min 48.0 sec #	15min 19.0 sec #
10,000 metres	29min 52.5 sec *	30 min 38.0 sec *	31min 49.0 sec *
2,000 metres Steeplechase	5 min 57.0 sec *	6 min 12.0 sec *	6 min 28.0 sec
3,000 metres Steeplechase	9min 04.5 sec *	9 min 20.5 sec *	9 min 50.0 sec *
110 metres Hurdles	14.4 sec #	14.8 sec #	15.4 sec #
400 metres Hurdles	52.7 sec #	54.7 sec #	56.8 sec #
High Jump	2.02 metres	1.96 metres *	1.90 metres
Pole Vault	4.72 metres *	4.32 metres #	4.00 metres
Long Jump	7.05 metres	6.75 metres	6.45 metres *
Triple Jump	14.50 metres	13.85 metres *	13.10 metres *
Shot	14.35 metres *	13.50 metres *	12.30 metres #
Discus	44.90 metres #	40.45 metres #	36.80 metres #
Hammer	57.55 metres *	49.60 metres #	43.05 metres #
Javelin	58.35 metres *	53.95 metres *	47.55 metres *
Decathlon	7520 points *	6775 points #	6310 points #
3,000 metres Walk	12 min 50.0 sec	13 min 15 .0 sec	14 min 00.0 sec
5,000 metres Walk	21 min 25.0 sec	22min 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	6.80 sec *	6.95 sec *	7.05 sec *
60 metres Hurdles	7.85 sec #	8.10 sec #	8.30 sec

## Under 20 Men (Junior)

Event	Grade 1	Grade 2	Grade 3
100 metres	10.7 sec *	11.0 sec	11.2 sec
200 metres	22.1 sec #	22.3 sec	22.7 sec
400 metres	49.4 sec #	50.1 sec	51.2 sec #
800 metres	1 min 53.4 sec	1 min 55 .0 sec	1 min 57.5 sec

1,500 metres	3 min 54.5 sec	3 min 57.5 sec	4 min 04.0 sec *
3,000 metres	8 min 29.5 sec #	8 min 43.0 sec #	8 min 56.0 sec #
5,000 metres	14 min 31.5 sec *	15 min 01.0 sec *	15 min 35.0 sec *
2,000 metres Steeplechase	6 min 06.0 sec	6 min 15.5 sec *	6 min 36.0 sec
110 metres Hurdles	14.4 sec *	14.9 sec	15.3 sec
400 metres Hurdles	54.5 sec *	55.1sec *	57.3 sec *
High Jump	2.00 metres	1.95 metres	1.90 metres *
Pole Vault	4.70 metres	4.43 metres *	3.98 metres #
Long Jump	6.80metres #	6.60 metres #	6.40 metres *
Triple Jump	13.90 metres #	13.45 metres #	12.95 metres #
Shot	13.90 metres #	13.30 metres #	12.30 metres *
Discus	44.65 metres #	40.40 metres #	36.10 metres #
Hammer	61.10 metres #	57.85 metres *	50.50 metres *

<b>Event</b>	<b>Grade 1</b>	<b>Grade 2</b>	<b>Grade 3</b>
Javelin	56.70 metres *	53.75 metres *	47.35 metres *
3,000 metres Walk	13 min 00.0 sec	14 min 00.0 sec	14 min 45.0 sec
5,000 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	7.00 sec	7.10 sec	7.20 sec
60 metres Hurdles	8.00 sec	8.25 sec #	8.40 sec

## Under 17 Men

<b>Event</b>	<b>Grade 1</b>	<b>Grade 2</b>	<b>Grade 3</b>	<b>Grade 4</b>
100 metres	11.2 sec	11.3 sec	11.5 sec	11.8 sec
200 metres	22.6 sec	23.0 sec	23.4 sec	24.1 sec #
400 metres	51.2 sec	51.9 sec #	52.9 sec	54.5 sec #
800 metres	1 min 58.2 sec #	2 min 00.0 sec #	2min 03.0 sec #	2 min 07.0 sec#
1,500 metres	4 min 06.5 sec #	4 min 12.0 sec #	4 min 17.5 sec	4 min 27.0 sec *
3,000 metres	8 min 54.5 sec #	9 min 08 sec #	9 min 21.5 sec #	9 min 42.5 sec #
1,500 metres Steeplechase	4 min 29.5sec *	4 min 35.5 sec *	4 min 43.0 sec *	4 min 59.5 sec *
100 metres Hurdles	13.8 sec #	14.1 sec #	14.6 sec	15.4 sec
400 metres Hurdles	56.5 sec #	57.5 sec	59.0 sec *	62.5 sec
High Jump	1.90 metres	1.85 metres	1.78metres *	1.70 metres
Pole Vault	4.10 metres #	3.90 metres #	3.50 metres #	3.00 metres
Long Jump	6.35 metres *	6.15 metres *	5.95 metres *	5.60 metres
Triple Jump	13.15 metres *	12.55 metres *	12.05 metres	11.45metres *

Shot	13.40 metres #	12.55 metres #	11.80 metres *	10.70 metres *
Discus	40.70 metres #	37.20metres #	33.20 metres #	27.95 metres #
Hammer	54.90 metres #	47.65 metres #	39.50 metres #	29.65 metres
Javelin	50.75 metres #	47.90 metres #	43.85 metres #	38.85 metres *
Octathlon	4930 points *	4670 points *	4280 points *	3785 points *
3,000 metres Walk	14 min 50.0 sec	15 min 10.0 sec	16 min.00.0 sec	17 min 00.0 sec
5,000 metres Walk	24 min 40 sec	25 min 00.0 sec	25 min 50.0 sec	27 min 42.0 sec
<b>Indoor</b>				
60 metres	7.15sec *	7.25 sec *	7.35 sec *	7.55 sec
60 metres Hurdles	8.20 sec *	8.40 sec #	8.60 sec #	8.90 sec *

## 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	24.0 sec #	24.3 sec	24.8 sec	25.6 sec
300 metres	38.7 sec	39.4 sec *	40.5 sec	42.1 sec
400 metres	55.0sec #	56.0 sec #	57.0 sec #	59.0 sec
800 metres	2 min 06.5 sec	2 min 10.0 sec	2 min 13.0sec *	2 min 18.0 sec *
1,500 metres	4 min 21.5sec *	4 min 27.5 sec	4 min 36.0 sec #	4 min 46.5 sec *
3,000 metres	9 min 21.5 sec	9 min 33.5 sec	9 min 46.5 sec *	10 min 06.5sec *
80 metres Hurdles	11.9 sec *	12.2 sec *	12.7 sec	13.4 sec
High Jump	1.72metres *	1.67 metres *	1.60 metres	1.55 metres *
Pole Vault	3.45metres *	3.20 metres *	2.85 metres *	2.40 metres
Long Jump	5.75metres *	5.55 metres *	5.30 metres	5.00 metres
Triple Jump	11.80 metres #	11.50 metres	11.10 metres *	10.45 metres#
Shot	12.45 metres	11.80 metres *	11.10 metres *	10.10 metres *
Discus	35.20metres #	32.30 metres #	28.95 metres #	25.50 metres #
Event	Grade 1	Grade 2	Grade 3	Grade 4
Hammer	47.20 metres *	41.25 metres *	33.85 metres #	27.15 metres *
Javelin	44.35 metres *	40.85metres *	37.25 metres *	32.60 metres *
Pentathlon	2625 points *	2345 points #	2155 points #	1895 points *
3,000 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	7.60 sec #	7.75 sec #	7.95 sec #	8.30 sec #
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## Under 13 Boys

Event	Grade 1	Grade 2	Grade 3	Grade 4
75 metres ~	8.2 sec*	8.3 sec *	8.4 sec *	8.6 sec *
100 metres	13.0 sec #	13.2 sec	13.5 sec	13.9 sec *
200 metres	26.8 sec	27.4 sec #	28.1 sec	29.1 sec

800 metres	2 min 22.5 sec #	2 min 24.5 sec *	2 min 27.5 sec *	2 min 34.0 sec *
1,500 metres	4 min 50.0 sec *	4 min 55.0 sec *	5 min 03.0 sec *	5 min 15.0 sec *
75 metres Hurdles	12.9 sec	13.3 sec *	14.2 sec	15.3 sec
High Jump	1.47 metres *	1.41 metres *	1.35 metres	1.30 metres
Long Jump	4.75 metres *	4.55 metres	4.40 metres	4.15 metres
Shot	9.25 metres #	8.55 metres #	7.95 metres #	7.05 metres #
Discus	24.90 metres *	22.10 metres *	19.10 metres #	15.90 metres #
Javelin	31.15 metres #	29.00 metres *	26.10 metres*	21.30 metres *
2,000 metres Walk	10 min 48.0 sec	11 min 15.0 sec	11 min 50.0 sec	12 min 30.0 sec
<b>Indoor</b>				
60 metres	8.15 sec	8.25 sec	8.40 sec	8.60 sec

## Standards for Women and Girls 2017-18

\*Improved standard, # reduced standard; ^ new event; ~ event not in common use but with 50 or more performances

### Senior Women

Event	Grade 1	Grade 2	Grade 3
100 metres	12.2 sec	12.4 sec	12.7 sec
150 metres ^	18.6 sec #	18.8 sec #	19.3 sec #
200 metres	24.8 sec	25.3 sec #	25.8 sec
300 metres ^	40.8 sec	41.4sec *	42.2 sec *
400 metres	55.8 sec	57.2 sec *	59.2 sec #

800 metres	2 min 09.9 sec	2 min 13.5 sec *	2 min 17.8 sec
1,500 metres	4 min 26.5 sec #	4 min 35.0 sec #	4 min 45.0 sec #
1 Mile ^	4 min 41.5 sec #	4 min 47.5 sec #	4 min 58.0 sec #
3,000 metres	9 min 38.5sec *	9 min 57.5 sec *	10 min 22.5 sec #
5,000 metres	16 min 06.0sec #	16 min 36.5 sec #	17 min 30.5 sec #
10,000 metres	32 min 36.5 sec *	33 min 28.5 sec *	35min 07.5sec #
1,500 metres Steeplechase ~	5 min 12.0 sec *	5 min 24.0 sec *	5 min 41.0 sec *
2,000 metres Steeplechase	6 min 55.0 sec *	7 min 20.0 sec *	7 min 43.0sec #
3,000 metres Steeplechase	9 min 57.5 sec #	10 min 10. 5 sec #	10 min 31.0 sec #
100 metres Hurdles	14.0 sec *	14.5 sec *	15.2 sec #
300 metres Hurdles ^	44.5 sec	45.5 sec	46.5 sec
400 metres Hurdles	60.8 sec	63.5sec #	66.3 sec #
High Jump	1.70 metres	1.65 metres	1.60 metres
Pole Vault	3.70 metres#	3.50 metres	3.10 metres
Long Jump	5.60 metres#	5.45 metres *	5.25 metres
Triple Jump	11.50 metres#	11.10 metres #	10.60 metres #
Shot	12.05 metres *	11.25 metres*	10.35 metres *
Discus	41.45 metres *	36.85 metres *	32.90 metres *
Hammer	52.05 metres *	45.55 metres *	40.55 metres *
Javelin	41.75metres *	38.30 metres *	33.50 metres *
3,000 metres Walk	14 min 50.0 sec	15 min 20.0 sec	15 min 40.0 sec
5,000 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
Heptathlon	5280 pts #	5015 pts #	4580 pts #
<b>Indoor</b>			
60 metres	7.75sec	7.85 sec *	8.05 sec
60 metres Hurdles	8.55 sec #	8.75 sec	9.00 sec
Pentathlon ^	4085 points	3740 points	3520 points

## Under 20 Women (Junior)

Event	Grade 1	Grade 2	Grade 3
100 metres	12.2 sec #	12.4 sec	12.6 sec
200 metres	25.0 sec	25.4sec #	26.0sec #
400 metres	57.2 sec #	58.7 sec #	60.1 sec

800 metres	2 min 09.5 sec *	2 min 13.0 sec *	2 min 17.0 sec
1,500 metres	4 min 27.0 sec *	4 min 34.7sec #	4 min 44.0 sec #
3,000 metres	9 min 45.0 sec #	9min 55.0sec *	10 min 30.0 sec *
1,500 metres Steeplechase	5 min 10.0 sec #	5 min 20.0 sec #	5 min 36.0sec *
2,000 metres Steeplechase	6 min 51.0 sec *	7 min 13.5 sec	7 min 42.0 sec #
100 metres Hurdles	14.4 sec	14.7 sec *	15.3 sec #
400 metres Hurdles	63.2sec #	64.6 sec *	66.7 sec *
High Jump	1.75 metres *	1.68 metres *	1.60 metres #

<b>Event</b>	<b>Grade 1</b>	<b>Grade 2</b>	<b>Grade 3</b>
Pole Vault	3.75 metres #	3.60 metres #	3.30 metres #
Long Jump	5.60 metres	5.45 metres *	5.20 metres
Triple Jump	11.45 metres	11.10 metres	10.60 metres #
Shot	11.05 metres *	10.50 metres *	9.55 metres #
Discus	41.20 metres	36.80 metres *	33.40 metres *
Hammer	49.10 metres *	44.50 metres *	41.20 metres *
Javelin	40.20 metres #	38.10 metres *	33.50 metres *
Heptathlon	4980 points *	4610 points *	4290 points *
3,000 metres Walk	15 min 40.0 sec	16 min 20.0 sec	17 min 00.0 sec
5,000 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
<b>Indoor</b>			
60 metres	7.75 sec #	7.80 sec *	8.00 sec
60 metres Hurdles	8.75 sec #	8.90 sec #	9.20 sec

## Under 17 Women

<b>Event</b>	<b>Grade 1</b>	<b>Grade 2</b>	<b>Grade 3</b>	<b>Grade 4</b>
100 metres	12.3 sec	12.6 sec	12.8 sec	13.1 sec
200 metres	25.5 sec #	25.9 sec #	26.4 sec #	27.0 sec
300 metres	40.9 sec *	41.9 sec *	42.9 sec *	44.3 sec *
400 metres	58.3 sec *	59.0 sec *	60.3 sec *	62.9 sec *
800 metres	2 min 14.5 sec *	2 min 17.5 sec	2 min 20.5 sec	2 min 26.0 sec
1,500 metres	4 min 38.0sec *	4 min 44.0 sec	4min 52.3 sec *	5 min 04.3 sec
3,000 metres	10 min 05.0 sec *	10 min 22.0 sec *	10 min 45.5 sec *	11min 20.0 sec *
1500m Steeplechase	5 min 11.0 sec *	5 min 20.0 sec *	5 min 35.0 sec *	6 min 07.5 sec *
80 metres Hurdles	11.8 sec	12.1 sec	12.5 sec	13.1 sec
300 metres Hurdles	44.8 sec *	46.0 sec #	47.4 sec *	50.0 sec *
High Jump	1.65 metres	1.60 metres	1.55 metres	1.50 metres



Pole Vault	3.55 metres *	3.40 metres *	3.05 metres *	2.50 metres #
Long Jump	5.45 metres *	5.30 metres *	5.10 metres *	4.75 metres #
Triple Jump	10.80 metres #	10.50 metres #	10.10 metres #	9.45 metres
Shot (3K)	12.20 metres *	11.30 metres *	10.30 metres *	9.15 metres
Discus	36.00 metres *	31.75 metres *	27.90 metres *	23.50 metres *
Hammer (3K)	501.20 metres *	44.20 metres #	39.20 metres #	28.55 metres *
Javelin (500g)	39.50 metres *	36.35 metres *	33.05 metres *	28.40 metres *
Pentathlon	3140 points #	2920 points #	2740 points #	2435 points #
Heptathlon	4575points *	4360 points *	3885 points *	3290 points *
3,000 metres Walk	15 min 48.0 sec	16 min 00.0 sec	16 min 13.0 sec	17 min 42.0 sec
5,000 metres Walk	26 min 25.0 sec	26 min 40.0 sec	27 min 04.0 sec	29 min 25.0 sec
<b>Indoor</b>				
60 metres	7.85 sec *	7.95 sec *	8.15 sec	8.35 sec
60 metres Hurdles	8.95 sec	9.05 sec *	9.40 sec	9.80 sec *
Pentathlon ^	3570 points	3400 points	3140 points	2660 points

## Under 15 Girls

Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	12.7 sec *	12.9 sec *	13.2 sec	13.5 sec
200 metres	26.3sec #	26.7 sec #	27.2 sec *	28.0 sec
300 metres	42.7 sec #	43.3 sec *	44.3 * sec	45.97sec *
800 metres	2 min 19.9 sec #	2 min 22.5 sec #	2 min 25.5 sec *	2 min 30.6 sec #
Event	Grade 1	Grade 2	Grade 3	Grade 4
1,500 metres	4 min 49.5 sec #	4 min 56.0 sec #	5min 02.5 sec #	5 min 15.0 sec *
3,000 metres	10 min 30..0 sec #	10 min 47.0 sec #	11 min 00.0 sec *	11 min 35.0 sec *
75 metres Hurdles	11.9 sec	12.32sec *	12.6 sec *	13.4 sec
High Jump	1.57 metres	1.54 metres #	1.49 metres *	1.41 metres *
Pole Vault	3.10 metres *	2.80 metres	2.50 metres	2.20 metres *
Long Jump	5.05 metres	4.90 metres	4.70 metres	4.48 metres *
Shot (3K)	10.15 metres #	9.50 metres #	8.85 metres #	7.95 metres #
Discus	27.90 metres #	25.30 metres #	22.95 metres #	19.70 metres *
Hammer	44.60 metres *	39.20 metres *	31.60 metres *	24.05 metres #
Javelin (500g)	32.85 metres #	269.90 metres #	26.75 metres #	22.50 metres #
Pentathlon	2900 points *	2675 points *	2425 points *	2100 points *
2,500 metres Walk	13 min 35.0 sec	14 min 00.0 sec	14 min 30.0 sec	16 min 10.0 sec
3,000 metres Walk	16 min 15.0 sec	16 min 45.0 sec	17 min 20.0 sec	19 min 20.0 sec
<b>Indoor</b>				
60 metres	8.15 sec	8.30 sec	8.50 sec *	8.75 sec
60 metres Hurdles	9.40 sec	9.55 sec #	9.75 sec	10.20 sec #
Pentathlon ^	3120 points	2875 points	2650 points	2270 points

## Under 13 Girls

Event	Grade 1	Grade 2	Grade 3	Grade 4
75 metres	10.4 sec *	10.6 sec	10.9 sec	11.3 sec
100 metres	13.6 sec	13.8 sec	14.1 sec	14.5 sec
150 metres	20.5 sec	21.0 sec	21.5 sec	22.4 sec #
200 metres	28.4 sec	28.9 sec	29.5 sec *	30.6 sec *
600 metres	1 min 46.5 sec	1 min 47.6 sec *	1 min 50.2 sec *	1 min 52.9 sec
800 metres	2 min 28.5 sec *	2 min 31.5 sec *	2 min 35.0 sec *	2 min 41.3 sec #
1200 metres	3 min 56.0 sec *	4 min 00.0 sec *	4min 05.0 sec *	4 min 13.5 sec #
1500 metres	5 min 05.0 sec *	5 min 12.0 sec *	5 min 22.0 sec *	5 min 35.0 sec *
70 metres Hurdles	11.9 sec	12.2 sec	12.5 sec *	13.3 sec *
High Jump	1.40 metres #	1.35 metres #	1.30 metres	1.25 metres
Long Jump	4.50 metres	4.35 metres	4.20 metres	3.95 metres
Shot (2.72K)	8.45 metres	7.90 metres *	7.25 metres *	6.55 metres *
Discus	23.10 metres *	20.70 metres *	18.05 metres *	15.20 metres *
Javelin	24.75 metres #	21.85 metres #	19.10 metres #	15.20 metres #
Pentathlon	2390 points #	2220 points #	2020points *	1740 points *
2,000 metres Walk	11 min 30.0 sec	11 min 50.0 sec	12 min 40.0 sec	13 min 20.0 sec
2,500 metres Walk	14 min 35.0 sec	14 min 55.0 sec	15 min 55.0 sec	16 min 45.0 sec
<b>Indoor</b>				
60 metres	8.55 sec	8.65 sec *	8.85 sec *	9.10 sec
60 metres Hurdles	9.85 sec *	10.20 sec #	10.40 sec #	10.60 sec *