

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	26.2 sec *	26.6 sec *	27.3 sec	28.0 sec
300 metres ^	42.6 sec	43.5 sec	44.4 sec	45.9 sec
800 metres	2 min 19.4 sec	2 min 22.3 sec	2 min 25.6 sec *	2 min 31.2 sec #
1,500 metres	4 min 48.7 sec #	4 min 53.9 sec *	5min 02.0 sec #	5 min 15.5 sec#
3,000 metres	10 min 22.0 sec #	10 min 41.5 sec #	11 min 02.5 sec #	11 min 36.0 sec #
75 metres Hurdles	11.9 sec *	12.3 sec *	12.7 sec *	13.4 sec *
High Jump	1.57 metres *	1.53 metres *	1.47 metres #	1.40 metres
Pole Vault	2.95 metres #	2.80 metres #	2.50 metres #	2.15 metres#
Long Jump	5.05 metres*	4.90 metres *	4.70 metres	4.45 metres
Shot (3K) ^	10.60 metres	9.85 metres	9.10 metres	8.30 metres
Discus	28.30 metres *	25.65 metres *	23.00 metres *	19.50 metres #
Hammer	42.60 metres	37.80 metres #	31.10 metres #	24.50 metres
Javelin (500g) ^	33.10 metres	30.65 metres	26.90 metres	22.70 metres
Pentathlon	2770 points *	2600 points #	2360 points *	2075 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
Indoor				
60 metres	8.15 sec *	8.30 sec	8.45 sec	8.75 sec *
60 metres Hurdles	9.40 sec *	9.50 sec *	9.75 sec *	10.15 sec *

Under 13 Girls

Event	Grade 1	Grade 2	Grade 3	Grade 4
75 metres	10.5 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 *	22.3 sec *
200 metres	28.4 sec	28.9 sec *	29.6 sec	30.7 sec
600 metres	1 min 46.5 sec #	1 min 47.9 sec #	1 min 50.3 sec #	1 min 52.9 sec #
800 metres	2 min 29.0 sec	2 min 31.8 sec *	2 min 35.5 sec #	2 min 40.8 sec *
1200 metres	3 min 57.6 sec #	4 min 00.8 sec #	4min 05.6 sec *	4 min 13.4 sec *
1500 metres	5 min 08.2 sec #	5 min 15.2 sec #	5 min 23.6 sec #	5 min 37.9 sec #
1 Mile ^	5 min 39.1 sec	5 min 51.7 sec	6 min 11.4 sec	6 min 40.1 sec
70 metres Hurdles	11.9 sec	12.2 sec	12.6 sec *	13.4 sec #
High Jump	1.41 metres *	1.36 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 #	7.80 metres #	7.20 metres #	6.45 metres #
Discus	23.00 metres *	20.40 metres #	17.80 metres #	14.90 metres *
Javelin	25.60 metres *	23.05 metres *	19.20 metres *	15.40 metres *
Pentathlon	2450 points *	2230 points *	1970 points *	1720 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
Indoor				
60 metres	8.55 sec #	8.70 sec	8.90 sec #	9.10 sec
60 metres Hurdles ^	10.00 sec	10.10 sec	10.30 sec	10.75 sec



AAA STANDARDS SCHEME 2015/2016

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 Whilst 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 anomalies e.g some age groups have more than 50 performances whilst others, where one would have expected them, have not: JM Triple Jumpers jump further than Seniors for grades 2 & 3; JM are faster than seniors over 60m indoors; JW are slightly faster than SW at 800m And 1500mS/C and at grade 1 in 3000m; JW outperform SW in the HJ at grades 2 and 3, in the discus at grade 1, and at grades 2 and 3 in the 60 m indoor

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.

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

AAA STANDARDS SCHEME

This Association will for the 2015 & 2016 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 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, and consequently the new tables incorporate standards for the weights of implements which were altered for some female age groups during 2014. 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 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 ; 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

Event	Grade 1	Grade 2	Grade 3
High Jump	1.72 metres #	1.66 metres #	1.63 metres *
Pole Vault	3.80 metres *	3.70 metres *	3.50 metres *
Long Jump	5.60 metres #	5.40 metres #	5.20 metres #
Triple Jump	11.45 metres #	11.10 metres *	10.75 metres *
Shot	10.85 metres #	10.40 metres #	9.70 metres #
Discus	41.20 metres *	36.15 metres #	32.55 metres #
Hammer	47.85 metres #	43.50 metres #	39.20 metres #
Javelin	40.70 metres #	35.85 metres #	32.40 metres #
Heptathlon	4850 points #	4560 points #	4230 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
Indoor			
60 metres	7.70 sec	7.85 sec #	8.00 sec
60 metres Hurdles	8.70 sec	8.85 sec	9.20 sec #

Under 17 Women

Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	12.3 sec #	12.6 sec	12.8 sec	13.1 sec
200 metres	25.4 sec *	25.7 sec *	26.3 sec *	27.0 sec
300 metres	41.4 sec #	42.1 sec #	43.0 sec #	44.5 sec #
400 metres	58.5 sec *	59.8 sec #	61.0 sec #	63.2 sec #
800 metres	2 min 15.5 sec #	2 min 17.5 sec	2 min 20.5 sec #	2 min 26.0 sec #
1,500 metres	4 min 39.3 sec *	4 min 45.4 sec #	4 min 53.9 sec #	5 min 04.3 sec #
3,000 metres	10 min 07.0 sec *	10 min 23.0 sec *	10 min 50.0 sec *	11 min 23.8 sec #
1,500 metres S/C	5 min 16.0 sec *	5 min 30.0 sec *	5 min 44.5 sec *	6 min 18.5 sec *
80 metres Hurdles	11.8 sec *	12.1 sec	12.5 sec	13.1 sec
300 metres Hurdles	44.9 sec *	45.9 sec #	47.7 sec #	50.2 sec
High Jump	1.65 metres	1.60 metres	1.55 metres	1.50 metres
Pole Vault	3.50 metres	3.30 metres	3.00 metres *	2.55 metres *
Long Jump	5.35 metres	5.25 metres	5.05 metres #	4.80 metres
Triple Jump	10.85 metres #	10.55 metres	10.15 metres*	9.45 metres #
Shot (3K) ^	11.60 metres	10.95 metres	10.15 metres	9.15 metres
Discus	35.80 metres *	31.70 metres *	27.75 metres *	23.40 metres *
Hammer (3K) ^	50.70 metres	45.60 metres	40.15 metres	28.30 metres
Javelin (500g) ^	38.20 metres	34.70 metres	31.45 metres	27.80 metres
Pentathlon	3250 points	3045 points	2825 points	3175 points
Heptathlon	4450 points *	4240 points *	3785 points *	3265 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
Indoor				
60 metres	7.90 sec	8.00 sec #	8.15 sec *	8.35 sec
60 metres Hurdles	8.95 sec *	9.20 sec	9.40 sec #	9.75 sec *

Standards for Women and Girls 2015-16

*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 ^	17.4 sec	18.4 sec	19.2 sec
200 metres	24.8 sec #	25.2 sec	25.8 sec
300 metres ^	40.8 sec	41.5 sec	42.3 sec
400 metres	55.8 sec *	57.3 sec	59.0 sec *
800 metres	2 min 09.9 sec #	2 min 13.7 sec #	2 min 17.8 sec #
1,500 metres	4 min 25.2 sec *	4 min 34.2 sec #	4 min 44.4 sec #
1 Mile ^	4 min 39.9 sec	4 min 46.4 sec	4 min 56.9 sec
3,000 metres	9 min 39.8sec #	10 min 00.7 sec #	10 min 21.5 sec *
5,000 metres	16 min 03.9sec #	16 min 31.1sec #	17 min 14.9 sec #
10,000 metres	32 min 56.09sec #	34 min 34.8 sec #	35min 05.5sec #
1,500 metres S/C ~	5 min 13.0 sec *	5 min 28.5 sec *	5 min 44.5 sec *
2,000 metres S/C	7 min 00.0 sec #	7 min 23.5 sec #	7 min 39.5sec #
3,000 metres S/C ^	10 min 00.0 sec	10 min 16. 2 sec	10 min 43.0 sec
100 metres Hurdles	14.1 sec #	14.6 sec #	15.2 sec #
400 metres Hurdles	60.8 sec #	63.1sec *	66.3 sec #
High Jump	1.70 metres	1.65 metres	1.60 metres
Pole Vault	3.80 metres*	3.50 metres	3.10 metres
Long Jump	5.65 metres#	5.40 metres #	5.25 metres #
Triple Jump	11.50 metres#	11.10 metres #	10.65 metres
Shot	11.90 metres *	11.10 metres*	10.20 metres *
Discus	40.50 metres	36.60 metres #	32.55 metres #
Hammer	51.05 metres *	44.65 metres *	39.30 metres *
Javelin	40.80metres *	37.00 metres *	32.75 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
Indoor			
60 metres	7.75sec #	7.90 sec#	8.05 sec
60 metres Hurdles	8.45 sec	8.75 sec #	9.00 sec #

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 #	25.3 sec	25.8 sec
400 metres	56.8 sec #	58.1 sec *	60.1 sec #
800 metres	2 min 09.5 sec *	2 min 13.3 sec #	2 min 17.0 sec
1,500 metres	4 min 29.3 sec #	4 min 34.7sec #	4 min 42.0 sec #
3,000 metres	9 min 38.6 sec *	10 min 03.5 sec #	10 min 31.0 sec #
1,500 metres S/C	5 min 07.5 sec *	5 min 18.6 sec #	5 min 38.5 sec #
2,000 metres S/C	7 min 04.5 sec	7 min 13.5 sec	7 min 29.0 sec
100 metres Hurdles	14.4 sec #	14.8 sec #	15.2 sec *
400 metres Hurdles	61.8 sec *	64.7 sec *	66.9 sec *

Standards for Men and Boys 2015-16

*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	10.8 sec	11.0 sec	11.1 sec
200 metres	21.7 sec	22.1 sec	22.4 sec
400 metres	48.4 sec *	49.3 sec *	50.5 sec #
800 metres	1 min 52.2 sec #	1 min 54.1sec #	1 min 56.4 sec *
1,500 metres	3 min 49.4 #sec	3 min 54.2 sec #	4 min 00.7 sec #
1 Mile ^	4 min 02.2 sec	4 min 05.0 sec	4 min 10.4 sec
3,000 metres	8 min 20 .5 sec #	8 min 31.5 sec #	8 min 45.0 sec
5,000 metres	14 min 28.0 sec #	14 min 45.0 sec	15min 15.5 sec
10,000 metres	30min 10.5 sec #	30 min 44.5 sec *	31 min 55.5 sec #
2,000 metres S/C ^	6 min 06.0 sec	6 min 17.0 sec	6 min 29.0 sec
3,000 metres S/C	9min 07.0 sec #	9 min 28.5 sec *	9 min 52.0 sec *
110 metres Hurdles	14.3 sec	14.7 sec *	15.3 sec *
400 metres Hurdles	52.5 sec #	54.3 sec *	56.5 sec *
High Jump	2.02 metres *	1.95 metres	1.90 metres *
Pole Vault	4.70 metres	4.40 metres	4.00 metres *
Long Jump	7.05 metres *	6.75 metres	6.40 metres #
Triple Jump	14.50 metres	13.80 metres *	13.05 metres *
Shot	14.30 metres *	13.45 metres *	12.45 metres *
Discus	45.40 metres #	41.50 metres *	37.50 metres *
Hammer	57.10 metres *	50.45 metres *	43.15 metres *
Javelin	57.90 metres #	52.25 metres #	47.30 metres #
Decathlon	7515 points *	7285 points *	6595 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	7.05 sec #	7.20 sec #	7.40 sec #
60 metres Hurdles	7.80 sec *	8.00 sec *	8.30 sec #

Under 20 Men (Junior)

Event	Grade 1	Grade 2	Grade 3
100 metres	10.9 sec #	11.0 sec	11.2 sec
200 metres	22.0 sec *	22.3 sec	22.7 sec
400 metres	49.3 sec #	50.1 sec	51.0 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 04.8 sec #
3,000 metres	8 min 27.5 sec *	8 min 35.0 sec *	8 min 49.5 sec *
5,000 metres	14 min 44.5 sec #	15 min 08.5 sec #	15 min 41.5 sec #
2,000 metres S/C	6 min 06.0 sec *	6 min 17.0 sec *	6 min 36.0 sec #
3,000 metres S/C ^	9 min 19.0 sec	9 min 30.0 sec	10 min 02.0 sec
110 metres Hurdles	14.5 sec #	14.9 sec	15.3 sec *
400 metres Hurdles	54.7 sec *	55.8sec *	57.5 sec *
High Jump	2.00 metres *	1.95 metres	1.88 metres *

Event	Grade 1	Grade 2	Grade 3
Pole Vault	4.70 metres *	4.35 metres *	4.00 metres *
Long Jump	6.95 metres *	6.65 metres	6.35 metres #
Triple Jump	14.45 metres *	14.15 metres *	13.60 metres *
Shot	14.35 metres *	13.60 metres *	12.25 metres#
Discus	45.60 metres *	41.05 metres #	36.80 metres #
Hammer	62.55 metres #	54.80 metres #	46.85 metres #
Javelin	54.60 metres #	50.30 metres #	45.75 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	8.15 sec	8.40 sec

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	22.6 sec *	23.0 sec	23.4 sec *	24.0 sec *
400 metres	51.2 sec #	51.8 sec *	52.9 sec *	54.3 sec *
800 metres	1 min 57.0 sec *	1 min 59.5 sec *	2min 02.5 sec	2 min 06.5 sec
1,500 metres	4 min 06.0 sec #	4 min 11.5 sec #	4 min 17.5 sec #	4 min 27.5 sec #
3,000 metres	8 min 51.0 sec	9 min 06.0 sec #	9 min 21.0 sec #	9 min 42.0 sec
1,500 metres S/C	4 min 32.0 sec #	4 min 40.5 sec #	4 min 47.5 sec #	5 min 02.5 sec #
100 metres Hurdles	13.7 sec	14.0 sec	14.6 sec #	15.4 sec #
400 metres Hurdles	55.9 sec *	57.5 sec *	59.5 sec *	62.5 sec *
High Jump	1.90 metres	1.85 metres	1.76 metres #	1.70 metres
Pole Vault	4.30 metres *	4.00 metres *	3.60 metres *	3.00 metres
Long Jump	6.30 metres #	6.10 metres #	5.90 metres	5.60 metres
Triple Jump	13.00 metres *	12.50 metres #	12.05 metres #	11.40 metres #
Shot	13.60 metres *	12.75 metres *	11.70 metres *	10.65 metres #
Discus	41.00 metres *	37.75 metres *	33.45 metres *	28.25 metres #
Hammer	55.05 metres #	50.35 metres *	41.85 metres #	29.65 metres *
Javelin	52.95 metres *	48.10 metres *	44.15 metres *	38.80 metres
Octathlon	4900 points *	4550 points *	4265 points #	3760 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
Indoor				
60 metres	7.20 sec #	7.30 sec #	7.40 sec	7.55 sec
60 metres Hurdles	8.30 sec #	8.45 sec #	8.70 sec #	9.00 sec #

Under 15 Boys

Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	11.7 sec	11.9 sec	12.1 sec	12.4 sec *
200 metres	23.9 sec	24.3 sec *	24.8 sec	25.6 sec
300 metres	38.7 sec #	39.5 sec #	40.5 sec #	42.1 sec #
400 metres	53.8sec *	55.2 sec *	56.9 sec *	59.0 sec *

Event	Grade 1	Grade 2	Grade 3	Grade 4
800 metres	2 min 06.5 sec	2 min 10.0 sec	2 min 13.2sec #	2 min 18.5 sec
1,500 metres	4 min 22.0sec *	4 min 27.5 sec *	4 min 34.5 sec *	4 min 46.5 sec *
3,000 metres	9 min 21.5 sec *	9 min 33.5 sec *	9 min 47.0 sec *	10 min 09.0 sec *
80 metres Hurdles	12.0 sec *	12.3 sec *	12.7 sec *	13.4 sec *
High Jump	1.70 metres	1.65 metres #	1.60 metres	1.53 metres #
Pole Vault	3.40 metres	3.10 metres #	2.80 metres #	2.40 metres #
Long Jump	5.70 metres	5.50 metres	5.30 metres	5.00 metres
Triple Jump	11.90 metres *	11.50 metres *	11.05 metres	10.50 metres*
Shot	12.45 metres	11.70 metres#	10.95 metres	10.05 metres#
Discus	35.95 metres #	32.55 metres #	29.70 metres #	25.60 metres *
Hammer	46.00 metres *	39.80 metres #	34.20 metres #	26.70 metres #
Javelin	43.00 metres #	40.00 metres #	36.65 metres	32.50 metres #
Pentathlon	2600 points *	2390 points #	2170 points *	1865 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	7.50 sec #	7.65 sec #	7.85 sec #	8.20 sec #

Under 13 Boys

Event	Grade 1	Grade 2	Grade 3	Grade 4
75 metres ~	10.0 sec*	10.2 sec *	10.5 sec *	11.0 sec *
100 metres	12.9 sec	13.2 sec	13.5 sec	14.0 sec
150 metres~	19.4 sec*	19.6 sec *	20.6 sec *	21.5 sec *
200 metres	26.8 sec #	27.3 sec *	28.1 sec #	29.1 sec
800 metres	2 min 21.5 sec *	2 min 25.5 sec *	2 min 29.0 sec	2 min 34.5 sec
1,500 metres	4 min 50.5 sec	4 min 55.5 sec *	5 min 07.0 sec #	5 min 15.5 sec *
75 metres Hurdles	12.9 sec *	13.5 sec	14.2 sec #	15.3 sec
High Jump	1.45 metres	1.40 metres	1.35 metres	1.30 metres
Long Jump	4.70 metres	4.55 metres	4.40 metres	4.15 metres
Shot	9.45 metres #	8.90 metres *	8.10 metres #	7.15 metres #
Discus	24.70 metres #	22.00 metres #	19.75 metres	16.60 metres *
Javelin	31.75 metres *	28.75 metres *	25.45 metres#	21.25 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
Indoor				
60 metres	8.15 sec	8.25 sec*	8.40 sec	8.60 sec