

Field Event	High jump	1.46	1.65	1.72	1.45	1.93	1.6	1.4	1.35	1.35	1.3	0	0		
	Long jump	4.83	5.48	6.3	5.85	4.91	5.19	4.91	4.53	4.33	4.17	3.21	0	4.04	
	Triple jump		11.01	11.44			10.62	9.68	8.52	8.99	8.53				
	Javelin	31.98	29	34.57	32.9	32.72	33.1	19.02	29.4	26.33	25.14	18.41	0		
	Shot putt	8.43	10.26	9.15	8.94	8.52	8.53	8.29	8.21	7.29	7.57	5.28m	0		
	Hammer		19.84	17.54			17.13	15.16	18.84	18.3					
	Discus	17.41	30	30.52		24.6	23.88	20.2	27.01	21.03	21.04	15.98	0		
	Pole vault			2.2			2.4	2.20	1.70	1.30	1.60				
Road / Trail	1 mile (road)							5.4							
	3 miles														
	5 km					14.05	17.38	19.29	16.09.0	18.33	19.34	20.58			
	10 km				34.23	29.14	35.44	35.48.0	34.28.0	36.21	43.14	46.56	45.40	54.28	
	5 miles				29.57	24.23	29.50		26.54.0	30.13					
	10 miles				1.10.52	48.47	57.09	58.54.0	56.06.0		1.15.14	1.14.58	1.28.00	1.35.32	
	20 miles				2.25.21	2.01.38	2.24.23								
	Half Marathon				0	64.50	1.17.14	1.15.35	1.19.00	1.30.34	1.37.23		1.57.14	1.59.23	
	Marathon				3.21.18	2.10.10	2.53.56	2.43.29	2-53-27	3.07.29	3.44.32		3.50	4.51.30	
		U13B	U15B	U17M	U20M	Senior Men	V40	V45	V50	V55	V60	V65	V70	V75	V80
		Male													

Female												
Events	U13G	U15G	U17W	U20W	Senior Women	W35	W40	W45	W50	W55	W60	W70
60m indoors		8.27	8.68		9							
60m hurdles indoors												
75m	10.7											
80m		11.6	11.5									
100m	13.49	13.1	12.9	15.9	14.3	14.4	15.9	15.4	17.44	18.6	18.7	0
150m	21.1	21	21.12									
200m	29	26.9	27.6	29	28.1	29.9	30.7secs	32.5	32.4	39.3	39.3	0
300m		48.1	43.7									
400m		65.4	65.6	66	65.3	64.7	68	70.4	72.1	0	1.49.0	0
600m	1.55.6	1.50.6	1.49.2									
800m	2.26	2.20.5	2.20.0	2.23.3	2.27	2.24.6	2.28.4	2.38.3	3.05.1	0	4.14.4	0
1000m indoor	3.18.1											
1200m	3.56.35											
1500m	4.54.75	4.40.59	4.54.77	4.34.83	4.47.05	4.31.0	4.52.9	5.12.4	6.14.9	7.07	8.43.4	0
1 mile		5.18.09	5.14		6.16.0	6.13.4	5.39.0	6.10.10	6.59.76	7.05.54		
2000m												
3000m indoors				10.33.9	9.20.93i							
3000m		10.15.74	10.37.66	10.15	9.28.05	9.34.47	10.23.9	10.56.7	12.46	0	18.16.4	0
5000m					16.58.94	18.10.6	18.09.0	19.13.4	28.49	0		
10000m								44.48.43				
1500m steeplechase				5.52.93		6.04.1						
2000m steeplechase					7.50.73	7.54.83						
3000m steeplechase					0	12.30.7						
2000m walk						12.56.6	12.38.4	12.08.17	13.14.3	14.50.98		17.07.5
70m hurdles	12.1											
75m hurdles		11.9										
80m hurdles			13.7			18.4						
100m hurdles				25.7	23.8							
110m hurdles												
200m hurdles	47.8											
300m hurdles			53.2									
400m hurdles												
4x100 relay	58.9	54.9	56.37		57.17	63.9	57.17	1.12.25				
4x200 relay						2.15.9	2.27.4					
4x300 relay												
4x400 relay	5.14.6		4.45.9		4.54.1	5.04.5	5.14.5	6.14.5				
2x200,400,800 medley relay						5.13.4						
Tetrathlon	0											
Pentathlon	0	2399 points	2013	1676	1203	912						
Heptathlon				2993								
Octathlon												

Track Event

High jump	1.3m	1.51	1.55	1.45	1.33	1.35	1.15	1.20m	1.05	0	1	0	Field Event
Long jump	4.48m	4.92m	4.7	3.56m	4.3	3.88	4.01	3.32m	3.07	2.26	2.57	0	
Triple jump		8.71m	9.67m	7.45	9.83	7.03	7.85		5.73	0			
Javelin	25.43m	26.02m	28.08	29.98	22.35	23.16	19.25	15.05m	19.76	0	12.23	15.77	
Shot putt	7.73m	10.07m	9.59	9.52	9.15	6.94	7.17	4.67m	6.22	0	6.85	0	
Hammer			16.79m	18.13	22.47	20.9	24.09	10.70m	13.58	0	13.58	0	
Discus	21.55m	30.61m	34.45m	29.35	33.46	19.87	19.47	14.17m	15	12.64	13.92	12.75	
Pole vault			2.7m	3.1	2.40								
1 mile (road)								6.1					Road / Trail
3 miles			21.54	21.10									
5 km			20.17	18.37	16.49	17.28	17.28	19.00					
10 km			53.32	41.04	34.16	36.18	36.18	40.33	41.1	1.02.20	54.22		
5 miles				30.35	31.06	28.24	28.24	33.1	36.03				
10 miles					1.12	1.03.19	60.29	66.55	73.11	1.22.32	1.25.29	0	
20 miles					2.36.3		2.18.46	2.18.29					
Half Marathon				1.37.46	1.28.03	1.32	1.32.24	1.27.18	1.26.10	1.35.59	1.51.54	0	
Marathon				3.30.00	3.27.38	3.23	3.00.14	3.02.00	2.58.34	3.33.02	3.54.33	0	
	U13G	U15G	U17W	U20W	Senior Women	W35	W40	W45	W50	W55	W60	W70	
	Female												