



|              |               |       |       |       |         |            |         |          |         |         |         |         |         |         |     |
|--------------|---------------|-------|-------|-------|---------|------------|---------|----------|---------|---------|---------|---------|---------|---------|-----|
| 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   | 42.01   | 46.56   | 45.40   | 54.28   |     |
|              | 5 miles       |       |       |       | 29.57   | 24.23      | 29.50   | 34.12.19 | 26.54.0 | 30.13   | 32.19   |         |         |         |     |
|              | 10 miles      |       |       |       | 1.10.52 | 48.47      | 57.09   | 58.54.0  | 56.06.0 | 64.29   | 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 | 1.28.00 | 1.37.23 | 1.45.00 | 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 | 3.41.16 | 3.43.39 | 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   | 72.55   | 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 |        |        |         |              |         |         |         |         |         |         |       |              |