

**FPSG scottishathletics Senior Track & Field Championships  
£2000 prize pot performances**

**Notes:**

- \* Prize fund of £2000 awarded to, or shared by any athlete who achieves or exceeds the below performances at the FPSG scottishathletics National Track & Field Championships.
- \* Fund available to event winners only.
- \* Winning athlete must be eligible to represent Scotland as per current Commonwealth Games selection criteria.
- \* If two or more athletes achieve the performance criteria prize pot will be shared.
- \* If Athletes fail to achieve the performance criteria, prize pot will roll over to a maximum of £4000 at the following Outdoor Summer Senior Track & Field Championship.

2019 Prize Pot Standards		
MEN	Event	WOMEN
10.35	100m	11.50
20.75	200m	23.45
46.30	400m	52.70
1:47.00	800m	2:03.00
3:41.00	1500m	4:13.00
13:55.00	5000m	16:05.00
8:45.00	3000m SC	10:00.00
13.80	110mH /100mH	13.30
50.50	400mH	57.50
7.80	Long Jump	6.50
2.22	High Jump	1.87
16.15	Triple Jump	13.45
5.45	PoleVault	4.30
18.80	(7.26Kg) Shot (4kg)	16.30
59.00	(2kg) Discus (1kg)	54.00
71.00	(7.26kg) Hammer (4kg)	66.00
76.00	(800g) Javelin (700g)	56.00