



Athletics Trust Scotland

National Athletics Academy

Para Standards (Men)

Classification	Event	Eligible Sports Class	NA Standard
T11	100 m	T11	12.60
T12	100m	T12	12.43
T13	100m	T13	12.16
T34	100m	T33-34	17.89
T35	100m	T35	13.42
T36	100m	T36	13.73
T37	100m	T37	12.92
T38	100m	T38	12.57
T44	100m	T44	13.77
T47	100m	T45, T46, T47	12.20
T51	100m	T51	22.70
T53	100m	T53	19.92
T54	100m	T54	15.84
T63	100m	T42, T63	13.96
T64	100m	T62, T64	12.32
T35	200m	T35	27.13
T37	200m	T37	25.73
T51	200m	T51	43.79
T64	200m	T64	25.23
T11	400m	T11	59.11
T12	400m	T12	54.85
T13	400m	T13	55.70
T20	400m	T20	54.62
T36	400m	T36	62.22
T37	400m	T37	57.62
T38	400m	T38	58.09
T47	400m	T45, T46, T47	54.88
T52	400m	T52	68.34
T53	400m	T53	56.45
T54	400m	T54	52.77
T62	400m	T62	55.53
T34	800m	T33, T34	1.61
T53	800m	T53	1.55
T54	800m	T54	1.49
T11	1500m	T11	4.44
T13	1500m	T12, T13	4.31
T20	1500m	T20	4.35
T38	1500m	T37, T38	4.42
T46	1500m	T45, T46	4.30
T54	1500m	T53, T54	3.17
T11	5000m	T11	17.46
T13	5000m	T12, T13	16.55
T54	5000m	T53, T54	11.69
T12	Marathon	T11, T12	2.50
T54	Marathon	T52, T53, T54	1.42

Classification	Event	Eligible Sports Class	NA Standard
T11	Long Jump	T11	5.38
T12	Long Jump	T12	6.15
T13	Long Jump	T13	6.07
T20	Long Jump	T20	6.23
T36	Long Jump	T36	4.93
T37	Long Jump	T37	5.29
T38	Long Jump	T38	5.93
T47	Long Jump	T45, T46, T47	6.42
T63	Long Jump	T42, T61, T63	6.18
T64	Long Jump	T44, T62, T64	6.19
T47	High Jump	T45, T46, T47	1.78
T63	High Jump	T42, T63	1.60
T64	High Jump	T44, T64	1.78
F32	Club Throw	F31, F32	30.92
F51	Club Throw	F51	26.83
F11	Discus Throw	F11 (2kg)	34.58
F37	Discus Throw	F37 (1kg)	45.37
F52	Discus Throw	F51, F52 (1kg)	17.10
F56	Discus Throw	F54, F55, F56 (1kg)	37.94
F64	Discus Throw	F43, F44, F62, F64 (1.5kg)	46.86
F13	Javelin	F12, F13 (800g)	53.49
F34	Javelin	F33, F34 (600g)	32.47
F38	Javelin	F38 (800g)	47.80
F41	Javelin	F40, F41 (600g)	36.22
F46	Javelin	F45, F46 (800g)	56.01
F54	Javelin	F53, F54 (600g)	27.20
F57	Javelin	F56, F57 (600g)	42.82
F64	Javelin	F42, F43, F44, F61, F62, F63, F64 (800g)	57.41
F11	Shot	F11 (7.26kg)	11.90
F12	Shot	F12 (7.26kg)	13.95
F20	Shot	F20 (7.26kg)	13.94
F32	Shot	F32 (2kg)	9.49
F33	Shot	F33 (3kg)	9.84
F34	Shot	F34 (4kg)	9.94
F35	Shot	F35 (4kg)	13.48
F36	Shot	F36 (4kg)	12.96
F37	Shot	F37 (5kg)	12.64
F40	Shot	F40 (4kg)	9.42
F41	Shot	F41 (4kg)	11.64
F46	Shot	F45, F46 (6kg)	13.92
F53	Shot	F53 (3kg)	7.22
F55	Shot	F54, F55 (4kg)	10.63
F57	Shot	F56, F57 (4kg)	12.93
F63	Shot	F42, F61, F63 (6kg)	12.37