

National Athletics Academy

Para Standards (Women)

Classification	Event	Eligible Sports Class	NA Standard
T11	100 m	T11	14.13
T12	100m	T12	14.29
T13	100m	T13	13.80
T34	100m	T33-34	21.34
T35	100m	T35	16.20
T36	100m	T36	16.70
T37	100m	T37	15.05
T38	100m	T38	14.59
T47	100m	T45, T46, T47	13.95
T53	100m	T53	18.88
T54	100m	T54	18.66
T63	100m	T42, T63	16.83
T64	100m	T44, T62, T64	14.93
T11	200m	T11	28.77
T12	200m	T12	28.39
T35	200m	T35	34.55
T36	200m	T36	35.37
T37	200m	T37	31.23
T47	200m	T45, T46, T47	28.62
T64	200m	T44, T64	30.62
T11	400m	T11	1.06
T12	400m	T12	1.06
T13	400m	T13	1.06
T20	400m	T20	1.06
T37	400m	T37	1.13
T38	400m	T38	1.09
T47	400m	T45, T46, T47	1.07
T53	400m	T53	1.06
T54	400m	T54	1.03
T34	800m	T33, T34	2.21
T53	800m	T53	2.05
T54	800m	T54	1.60
T11	1500m	T11	5.30
T13	1500m	T12, T13	5.14
T20	1500m	T20	5.18
T54	1500m	T53, T54	3.60
T54	5000m	T53, T54	12.61
T12	Marathon	T11, T12	3.50
T54	Marathon	T52, T53, T54	1.53

Classification	Event	Eligible Sports Class	NA Standard
T11	Long Jump	T11	4.25
T12	Long Jump	T12	4.66
T20	Long Jump	T20	4.78
T37	Long Jump	T37	3.99
T38	Long Jump	T38	4.29
T47	Long Jump	T45, T46, T47	4.93
T63	Long Jump	T42, T61, T63	4.38
T64	Long Jump	T44, T62, T64	5.06
F32	Club Throw	F31, F32	20.31
F11	Discus Throw	F11 (1kg)	20.37
F38	Discus Throw	F37, F38 (1kg)	29.52
F41	Discus Throw	F40, F41 (750g)	25.64
F53	Discus Throw	F51, F52, F53 (1kg)	12.57
F55	Discus Throw	F54, F55 (1kg)	21.10
F57	Discus Throw	F56, F57 (1kg)	26.68
F64	Discus Throw	F43, F44, F62, F64 (1kg)	33.11
F13	Javelin	F12, F13 (600g)	34.11
F34	Javelin	F33, F34 (600g)	15.29
F46	Javelin	F45, F46 (600g)	34.76
F54	Javelin	F53, F54 (600g)	15.60
F56	Javelin	F55, F56 (600g)	21.20
F12	Shot	F11, F12 (4kg)	12.01
F20	Shot	F20 (4kg)	12.30
F32	Shot	F32 (2kg)	5.95
F33	Shot	F33 (3kg)	5.80
F34	Shot	F34 (3kg)	7.18
F35	Shot	F35 (3kg)	7.53
F37	Shot	F37 (3kg)	11.66
F40	Shot	F40 (3kg)	7.25
F41	Shot	F41 (3kg)	8.31
F46	Shot	F45, F46 (4kg)	10.00
F54	Shot	F54 (3kg)	6.80
F57	Shot	F56, F57 (3kg)	9.10
F64	Shot	F42, F43, F44, F62, F63, F64 (4kg)	9.48