



Athletics Trust Scotland

National Athletics Academy

Standards

Women	Event	Men
12.00	100m	10.80
24.70	200m	21.88
39.80	300m*	
55.59	400m	48.96
02:09.00	800m	01:53.22
04:28.00	1500m	03:55.00
09:45.00	3000m	08:35.00
05:05.00	1500m S/C (0.84/0.76)*	04:24.00
06:53.10	2000m S/C (0.84/0.76)	05:59.04
11.38	80mH/100mH (2ft6/3ft)*	13.21
13.77	100mH/110mH (2ft6/3ft)	13.97
41.83	300mH (0.76)*	
60.69	400mH (0.84)	53.55
1.70	HJ	1.97
5.79	LJ	6.84
3.70	PV	4.60
12.06	TJ	14.06
14.82	SHOT (3kg/5kg)	17.20
58.42	Hammer	65.55
42.08	DISCUS (1kg/1.5kg)	51.77
47.12	JAVELIN (700g/500g)	63.65
5035	DEC/HEP	6650

Note - Events with * are equivalent U17 standards