



# Athletics Trust Scotland

## National Athletics Academy

Standards 2026

Women	Event	Men
12.00	100m	10.80
24.63	200m	21.88
55.59	400m	48.96
02:08.52	800m	01:53.22
04:27.24	1500m	03:55.00
09:45.00	3000m	08:35.00
06:53.10	2000m S/C (0.84/0.76)	05:59.04
13.77	100mH/110mH (2ft6/3ft)	13.97
61.20	400mH (0.84)	53.95
1.70	HJ	1.95
5.80	LJ	6.84
3.66	PV	4.61
12.02	TJ	14.06
14.82	SHOT (3kg/5kg)	17.10
57.95	Hammer	64.90
42.09	DISCUS (1kg/1.5kg)	51.78
46.55	JAVELIN (700g/500g)	61.75
5035	DEC/HEP	6650