

## Senior Men Club Standards

Event	Club Standard	National Ranking	National Grade 3	National Grade 2	National Grade 1
<b>60m</b>	7.85	7.3	7.05	6.95	6.80
<b>100m</b>	12.36	11.5	11.1	10.9	10.7
<b>200m</b>	25.16	23.4	22.4	22.0	21.6
<b>400m</b>	56.98	53.0	50.5	49.4	48.3
<b>800m</b>	02:13.3	02:04.0	01:56.5	01:53.5	01:51.8
<b>1000m</b>	02:47.7	02:36.0			
<b>1500m</b>	04:39.5	04:20.0	04:00.0	03:53.5	03:48.5
<b>3000m</b>	10:12.7	09:30.0	08:46.0	08:29.5	08:19.0
<b>5000m</b>	18:00.4	16:45.0	15:19.0	14:48.0	14:23.0
<b>10000m</b>	38:42.0	36:00.0	31:49.0	30:38.0	29:52.5
<b>60mH</b>	10.00	9.3	8.30	8.10	7.85
<b>110mH</b>	19.35	18.0	15.4	14.8	14.4
<b>200H</b>	29.03	27.0			
<b>400mH</b>	67.73	63.0	56.8	54.7	52.7
<b>2000m SC</b>	07:42.3	07:10.0	06:28.0	06:12.0	05:57.0
<b>3000m SC</b>	11:49.5	11:00.0	09:50.0	09:20.5	09:04.5
<b>HJ</b>	1.61	1.73	1.90	1.96	2.02
<b>PV</b>	2.79	3.00	4.00	4.32	4.72
<b>LJ</b>	5.40	5.80	6.45	6.75	7.05
<b>TJ</b>	10.98	11.80	13.10	13.85	14.50
<b>SP</b>	9.30	10.00	12.30	13.50	14.35
<b>DT</b>	26.05	28.00	36.80	40.45	44.90
<b>HT</b>	24.19	26.00	43.05	49.60	57.55
<b>JT</b>	34.42	37.00	47.55	53.95	58.35
<b>Pen</b>	2,047	2,200			
<b>PenI</b>	1,860	2,000			
<b>HepI</b>	2,326	2,500			
<b>Dec</b>	2,791	3,000	6,310	6,775	7,520

## U20 Men Club Standards

Event	Club Standard	National Ranking	National Grade 3	National Grade 2	National Grade 1
<b>60m</b>	8.06	7.5	7.20	7.10	7.00
<b>100m</b>	12.58	11.7	11.2	11.0	10.7
<b>200m</b>	25.59	23.8	22.7	22.3	22.1
<b>400m</b>	58.05	54.0	51.2	50.1	49.4
<b>800m</b>	02:15.4	02:06.0	01:57.5	01:55.0	01:53.4
<b>1500m</b>	04:44.9	04:25.0	04:04.0	03:57.5	03:54.5
<b>Mile</b>	04:55.6	04:35.0			
<b>3000m</b>	10:23.5	09:40.0	08:56.0	08:43.0	08:29.5
<b>5000m</b>	18:16.5	17:00.0	15:35.0	15:01.0	14:31.5
<b>10000m</b>	38:42.0	36:00.0			
<b>60mH</b>	10.00	9.3	8.40	8.25	8.00
<b>110mH</b>	19.89	18.5	15.3	14.9	14.4
<b>200H</b>	30.00				
<b>400mH</b>	68.8	64.0	57.3	55.1	54.5
<b>2000m SC</b>	08:03.7	07:30.0	06:36.0	06:15.5	06:06.0
<b>3000m SC</b>	11:49.5	11:00.0	10:02.0	09:30.0	09:19.0
<b>HJ</b>	1.58	1.70	1.90	1.95	2.00
<b>PV</b>	2.60	2.80	3.98	4.43	4.70
<b>LJ</b>	5.30	5.70	6.40	6.60	6.80
<b>TJ</b>	10.70	11.50	12.95	13.45	13.90
<b>SP</b>	9.30	10.00	12.30	13.30	13.90
<b>DT</b>	23.26	25.00	36.10	40.40	44.65
<b>HT</b>	23.26	25.00	50.50	57.85	61.10
<b>JT</b>	32.56	35.00	47.35	53.75	56.70
<b>Pen</b>	1,860	2,000			
<b>Hepl</b>	2,326	2,500			
<b>Dec</b>	2,791	3,000			

### Senior Women Club Standards

Event	Club Standard	National Ranking	National Grade 3	National Grade 2	National Grade 1
<b>60m</b>	9.13	8.5	8.05	7.85	7.75
<b>100m</b>	14.19	13.2	12.7	12.4	12.2
<b>150m</b>	21.5	20.0	19.3	18.8	18.6
<b>200m</b>	29.02	27.0	25.8	25.3	24.8
<b>300m</b>	47.3	44.0	42.2	41.4	40.8
<b>400m</b>	68.8	64.0	59.2	57.2	55.8
<b>600m</b>	01:49.7	01:42.0			
<b>800m</b>	02:38.0	02:27.0	02:17.8	02:13.5	02:09.9
<b>1500m</b>	05:27.9	05:05.0	04:45.0	04:35.0	04:26.5
<b>3000m</b>	12:21.8	11:30.0	10:22.5	09:57.5	09:38.5
<b>5000m</b>	21:30.0	20:00.0	17:30.5	16:36.5	16:06.0
<b>10000m</b>	46:13.5	43:00.0	35:07.5	33:28.5	32:36.5
<b>60mH</b>	11.07	10.3	9.00	8.75	8.55
<b>100mH</b>	19.35	18.0	15.2	14.5	14.0
<b>300mH</b>	53.75	50.0	46.5	45.5	44.5
<b>400mH</b>	79.55	74.0	66.3	63.5	60.8
<b>2000m SC</b>	09:40.5	09:00.0	07:43.0	07:20.0	06:55.0
<b>3000m SC</b>	15:03.0	14:00.0	10:31.0	10:10.5	09:57.5
<b>HJ</b>	1.40	1.50	1.60	1.65	1.70
<b>PV</b>	2.14	2.30	3.10	3.50	3.70
<b>LJ</b>	4.42	4.75	5.25	5.45	5.60
<b>TJ</b>	8.84	9.50	10.60	11.10	11.50
<b>SP</b>	7.73	8.30	10.35	11.25	12.05
<b>DT</b>	23.26	25.00	32.90	36.85	41.45
<b>HT</b>	23.26	25.00	40.55	45.55	52.05
<b>JT</b>	23.26	25.00	33.50	38.30	41.75
<b>Pen</b>	2,047	2,200			
<b>Hep</b>	2,326	2,500	4,580	5,015	5,280

## U20 Women Club Standards

Event	Club Standard	National Ranking	National Grade 3	National Grade 2	National Grade 1
<b>60m</b>	9.13	8.5	8.00	7.80	7.75
<b>100m</b>	14.29	13.3	12.6	12.4	12.2
<b>200m</b>	29.24	27.2	26.0	25.4	25.0
<b>400m</b>	69.87	65.0	60.1	58.7	57.2
<b>800m</b>	02:38.0	02:27.0	02:17.0	02:13.0	02:09.5
<b>1500m</b>	05:30.0	05:07.0	04:44.0	04:34.7	04:27.0
<b>3000m</b>	12:37.9	11:45.0	10:30.0	09:55.0	09:45.0
<b>5000m</b>	21:30.0	20:00.0			
<b>10000m</b>	46:13.5	43:00.0			
<b>60mH</b>	11.07	10.3	9.20	8.90	8.75
<b>100mH</b>	19.35	18.0	15.3	14.7	14.4
<b>300mH</b>	53.75	50.0			
<b>400mH</b>	80.625	75.0	66.7	64.6	63.2
<b>1500m SC</b>	07:31.5	07:00.0	05:36.0	05:20.0	05:10.0
<b>2000m SC</b>	09:40.5	09:00.0	07:42.0	07:13.5	06:51.0
<b>3000m SC</b>	15:03.0	14:00.0			
<b>HJ</b>	1.40	1.50	1.60	1.68	1.75
<b>PV</b>	2.14	2.30	3.30	3.60	3.75
<b>LJ</b>	4.33	4.65	5.20	5.45	5.60
<b>TJ</b>	8.61	9.25	10.60	11.10	11.45
<b>SP</b>	7.07	7.60	9.55	10.50	11.05
<b>DT</b>	21.40	23.00	33.40	36.80	41.20
<b>HT</b>	21.40	23.00	41.20	44.50	49.10
<b>JT</b>	23.26	25.00	33.50	38.10	40.20
<b>Pen</b>	2,047	2,200			
<b>PenI</b>	2,047	2,200			
<b>Hep</b>	2,233	2,400	4,290	4,610	4,980

## U17 Women Club Standards

Event	Club Standard	National Ranking	National Grade 4	National Grade 3	National Grade 2	National Grade 1
<b>60m</b>	9.13	8.5	8.35	8.15	7.95	7.85
<b>100m</b>	14.29	13.3	13.1	12.8	12.6	12.3
<b>200m</b>	29.56	27.5	27.0	26.4	25.9	25.5
<b>300m</b>	48.91	45.5	44.3	42.9	41.9	40.9
<b>400m</b>	69.87	65.0	62.9	60.3	59.0	58.3
<b>800m</b>	02:41.3	02:30.0	02:26.0	02:20.5	02:17.5	02:14.5
<b>1500m</b>	05:38.6	05:15.0	05:04.3	04:52.3	04:44.0	04:38.0
<b>3000m</b>	12:54.0	12:00.0	11:20.0	10:45.5	10:22.0	10:05.0
<b>5000m</b>	21:30.0	20:00.0				
<b>60mH</b>	11.07	10.3	9.80	9.40	9.05	8.95
<b>80mH</b>	14.72	13.7	13.1	12.5	12.1	11.8
<b>300mH</b>	55.90	52.0	50.0	47.4	46.0	44.8
<b>400mH</b>	80.62	75.0				
<b>1500m SC</b>	07:31.5	07:00.0	06:07.5	05:35.0	05:20.0	05:11.0
<b>2000m SC</b>	09:40.5	09:00.0				
<b>3000m SC</b>	15:03.0	14:00.0				
<b>HJ</b>	1.35	1.45	1.50	1.55	1.60	1.65
<b>PV</b>	2.14	2.30	2.50	3.05	3.40	3.55
<b>LJ</b>	4.28	4.60	4.75	5.10	5.30	5.45
<b>TJ</b>	8.37	9.00	9.45	10.10	10.50	10.80
<b>SP</b>	7.91	8.50	9.15	10.30	11.30	12.20
<b>DT</b>	19.53	21.00	23.50	27.90	31.75	36.00
<b>HT</b>	20.47	22.00	28.55	39.20	44.20	51.20
<b>JT</b>	23.26	25.00	28.40	33.05	36.35	39.50
<b>Pen</b>	1,860	2,000	2,435	2,740	2,920	3,140
<b>PenI</b>	1,860	2,000	2,660	3,140	3,400	3,570
<b>Hep</b>	2,140	2,300	3,290	3,885	4,360	4,575

## U17 Men Club Standards

Event	Club Standard	National Ranking	National Grade 4	National Grade 3	National Grade 2	National Grade 1
<b>60m</b>	8.27	7.7	7.55	7.35	7.25	7.15
<b>100m</b>	12.9	12.0	11.8	11.5	11.3	11.2
<b>200m</b>	26.33	24.5	24.1	23.4	23.0	22.6
<b>400m</b>	59.66	55.5	54.5	52.9	51.9	51.2
<b>600m</b>	01:36.7	01:30.0				
<b>800m</b>	02:19.8	02:10.0	02:07.0	02:03.0	02:00.0	01:58.2
<b>1500m</b>	04:55.6	04:35.0	04:27.0	04:17.5	04:12.0	04:06.5
<b>3000m</b>	10:45.0	10:00.0	09:42.5	09:21.5	09:08.0	08:54.5
<b>60mH</b>	10.0	9.3	8.90	8.60	8.40	8.20
<b>100mH</b>	17.2	16.0	15.4	14.6	14.1	13.8
<b>400mH</b>	69.87	65	62.5	59.0	57.5	56.5
<b>1500m SC</b>	05:33.2	05:10.0	04:59.5	04:43.0	04:35.5	04:29.5
<b>HJ</b>	1.54	1.65	1.70	1.78	1.85	1.90
<b>PV</b>	2.47	2.65	3.00	3.50	3.90	4.10
<b>LJ</b>	5.03	5.40	5.60	5.95	6.15	6.35
<b>TJ</b>	10.24	11.00	11.45	12.05	12.55	13.15
<b>SP</b>	9.31	10.00	10.70	11.80	12.55	13.40
<b>DT</b>	23.26	25.00	27.95	33.20	37.20	40.70
<b>HT</b>	22.33	24.00	29.65	39.50	47.65	54.90
<b>JT</b>	32.56	35.00	38.85	43.85	47.90	50.75
<b>Pen</b>	1,861	2,000				
<b>PenI</b>	1,861	2,000				
<b>Oct</b>	3,117	3,350	3,785	4,280	4,670	4,930
<b>parkrun</b>	20:57.7	19:30.0				

## U15 Boys Club Standard

Event	Club Standard	National Ranking	National Grade 4	National Grade 3	National Grade 2	National Grade 1
<b>60m</b>	8.6	8.0	8.30	7.95	7.75	7.60
<b>100m</b>	13.65	12.7	12.5	12.1	11.9	11.7
<b>200m</b>	28.21	26.25	25.6	24.8	24.3	24.0
<b>300m</b>	47.3	44.0	42.1	40.5	39.4	38.7
<b>400m</b>	65.57	61.0	59.0	57.0	56.0	55.0
<b>600m</b>	01:42.1	01:35.0				
<b>800m</b>	02:32.6	02:22.0	02:18.0	02:13.0	02:10.0	02:06.5
<b>1500m</b>	05:17.1	04:55.0	04:46.5	04:36.0	04:27.5	04:21.5
<b>3000m</b>	11:17.2	10:30.0	10:06.5	09:46.5	09:33.5	09:21.5
<b>60mH</b>	10.32	9.6				
<b>80mH</b>	15.05	14.0	13.4	12.7	12.2	11.9
<b>HJ</b>	1.40	1.50	1.55	1.60	1.67	1.72
<b>PV</b>	2.05	2.20	2.40	2.85	3.20	3.45
<b>LJ</b>	4.47	4.80	5.00	5.30	5.55	5.75
<b>TJ</b>	9.31	10.00	10.45	11.10	11.50	11.80
<b>SP</b>	8.84	9.50	10.10	11.10	11.80	12.45
<b>DT</b>	21.40	23.00	25.50	28.95	32.30	35.20
<b>HT</b>	21.40	23.00	27.15	33.85	41.25	47.20
<b>JT</b>	27.91	30.00	32.60	37.25	40.85	44.35
<b>Pen</b>	1,489	1,600	1,895	2,155	2,345	2,625
<b>PenI</b>	1,489	1,600				

## U15 Girls Club Standards

Event	Club Standard	National Ranking	National Grade 4	National Grade 3	National Grade 2	National Grade 1
<b>60m</b>	9.68	9	8.75	8.50	8.30	8.15
<b>100m</b>	14.73	13.7	13.5	13.2	12.9	12.7
<b>200m</b>	30.64	28.5	28.0	27.2	26.7	26.3
<b>300m</b>	50.53	47	45.7	44.3	43.3	42.7
<b>600m</b>	01:52.9	01:45.0				
<b>800m</b>	02:46.6	02:35.0	02:30.6	02:25.5	02:22.5	02:19.9
<b>1500m</b>	05:49.4	05:25.0	05:15.0	05:02.5	04:56.0	04:49.5
<b>3000m</b>	13:26.3	12:30.0	11:35.0	11:00.0	10:47.0	10:30.0
<b>60mH</b>	11.29	10.5	10.20	9.75	9.55	9.40
<b>75mH</b>	15.16	14.1	13.4	12.6	12.2	11.9
<b>HJ</b>	1.27	1.36	1.41	1.49	1.54	1.57
<b>PV</b>	1.87	2.00	2.20	2.50	2.80	3.10
<b>LJ</b>	4.00	4.30	4.48	4.70	4.90	5.05
<b>TJ</b>	7.91	8.50				
<b>SP</b>	6.89	7.40	7.95	8.85	9.50	10.15
<b>DT</b>	16.75	18.00	19.70	22.95	25.30	27.90
<b>HT</b>	19.54	21.00	24.05	31.60	39.20	44.60
<b>JT</b>	18.61	20.00	22.50	26.75	29.90	32.85
<b>Pen</b>	1,628	1,750	2,100	2,425	2,675	2,900



## U13 Girls Club Standards

Event	Club Standard	National Ranking	National Grade 4	National Grade 3	National Grade 2	National Grade 1
<b>60m</b>	9.99	9.3	9.10	8.85	8.65	8.55
<b>75m</b>	12.36	11.5	11.3	10.9	10.6	10.4
<b>100m</b>	15.91	14.8	14.5	14.1	13.8	13.6
<b>150m</b>	24.72	23.0	22.4	21.5	21	20.5
<b>200m</b>	33.86	31.5	30.6	29.5	28.9	28.4
<b>600m</b>	02:03.6	01:55.0	01:52.9	01:50.2	01:47.6	01:46.5
<b>800m</b>	02:57.4	02:45.0	02:41.3	02:35.0	02:31.5	02:28.5
<b>1200m</b>	04:39.5	04:20.0	04:13.5	04:05.0	04:00.0	03:56.0
<b>1500m</b>	06:16.2	05:50.0	05:35.0	05:22.0	05:12.0	05:05.0
<b>60mH</b>	11.82	11.0	10.60	10.4	10.2	9.85
<b>70mH</b>	15.05	14.0	13.3	12.5	12.2	11.9
<b>HJ</b>	1.12	1.20	1.25	1.30	1.35	1.40
<b>PV</b>	1.87	2.00				
<b>LJ</b>	3.54	3.80	3.95	4.20	4.35	4.50
<b>SP</b>	5.59	6.00	6.55	7.25	7.90	8.45
<b>DT</b>	12.10	13.00	15.20	18.05	20.70	23.10
<b>HT</b>	12.10	13.00				
<b>JT</b>	12.10	13.00	15.20	19.10	21.85	24.75
<b>Pen</b>	1,396	1,500	1,740	2,020	2,220	2,390

## U13 Boys Club Standards

Event	Club Standard	National Ranking	National Grade 4	National Grade 3	National Grade 2	National Grade 1
<b>60m</b>	9.35	8.7	8.6	8.4	8.25	8.15
<b>75m</b>			11.0	10.5	10.2	10.0
<b>100m</b>	15.26	14.2	13.9	13.5	13.2	13.0
<b>150m</b>			21.5	20.6	19.6	19.4
<b>200m</b>	31.98	29.75	29.1	28.1	27.4	26.8
<b>600m</b>	01:51.8	01:44.0				
<b>800m</b>	02:49.8	02:38.0	02:34.0	02:27.5	02:24.5	02:22.5
<b>1200m</b>	04:34.1	04:15.0				
<b>1500m</b>	05:49.4	05:25.0	05:15.0	05:03.0	04:55.0	04:50.0
<b>60mH</b>	11.82	11.0				
<b>75mH</b>	17.2	16.0	15.3	14.2	13.3	12.9
<b>HJ</b>	1.17	1.25	1.30	1.35	1.41	1.47
<b>PV</b>	1.87	2.00				
<b>LJ</b>	3.73	4.00	4.15	4.40	4.55	4.75
<b>SP</b>	6.05	6.50	7.05	7.95	8.55	9.25
<b>DT</b>	13.03	14.00	15.90	19.10	22.10	24.90
<b>HT</b>	18.61	20.00				
<b>JT</b>	16.75	18.00	21.30	26.10	29.00	31.15
<b>Pen</b>	1,117	1,200				