

**CLUB STANDARDS - MEN**

	Senior	U-20	U-17	U-15	Vet	U-13	U-11
60							9.0
100	11.1	11.3	11.7	12.3	12.6	13.6	14.6
200	22.7	23.2	24.0	25.3	25.5	29.0	31.5
400	51.4	53.0	54.5	57.5	57.2	66.5	
800	1:57	2:00	2:07	2:15	2:09.8	2:30	2:45
1500	4:02	4:08	4:22	4:40	4:24.9	5:05	
3000	8:50	9:03	9:40	10:30	10:17		
5000	15:15	15:43	16:00		16:25.1		
10000	32:30	34:00			35:06.4		
½Mar	1:16:00				1:27:00		
Mar	2:40:00				3:05:00		
H'dles	17.0	17.5	15.5	13.0	19.1	14.5	
400H	60.0	62.0	64.0		64.9		
S/Ch	10:00	10:30	5:00		10:59.6		
HJ	1.80	1.70	1.70	1.55	1.47	1.35	1.20
LJ	6.40	6.15	5.80	5.30	5.05	4.35	3.90
TJ	13.00	12.30	11.70	10.60	10.55	8.70	7.80
PV	3.20	2.90	2.50	2.20	3.15		
JT	45.00	41.00	39.00	33.00	36.00	26.00	18.00
DT	35.00	34.00	32.00	27.00	30.00	17.00	
SP	12.00	11.50	11.50	10.50	10.50	7.50	6.50
HT	35.00	30.00	28.00	24.00	34.00		
Dec	5000	4500					
Pent			2500	2250		1500	
Oct			3500				

The above veterans' standards are for men aged 40-44. For club standards, veterans may use U-17s' throwing implements and hurdles specifications. (See separate sheet for other veterans' age group standards.) In all age groups, members who equal or better a club standard in outdoor competition will receive a tracksuit Badge or a standard certificate.

**CLUB STANDARDS - WOMEN**

	Senior	U-20	U-17	U-15	Vet	U-13	U-11
60							9.2
100	12.6	12.7	12.8	13.4	14.3	14.0	15.0
200	26.1	26.5	26.8	28.0	29.6	29.5	33.0
300			44.0				
400	62.0	63.0	64.0		67.0		
800	2:24	2:26	2:28	2:33	2:35.3	2:45	3:00
1500	5:00	5:10	5:15	5:30	5:19.1	5:50	
3000	11:40	11:50	12:00		12:16		
10000	40:00	42:00			46:49.3		
½Mar	1:35:00				1:50:00		
Mar	3:30:00				3:50:00		
H'dles	18.5	18.5	13.2	13.8	18.1	13.3	
300H			52.0				
400H	70.0	72.0	75.0		77.7		
HJ	1.50	1.47	1.44	1.38	1.30	1.26	1.14
LJ	5.20	5.00	4.90	4.60	3.80	4.20	3.90
TJ	10.40	10.00	9.80		8.10		
PV	2.25				2.50		
JT	25.00	24.00	23.00	20.00	22.00	19.00	15.00
DT	25.00	24.00	23.00	20.00	20.00	17.00	
SP	8.50	8.00	7.70	7.70	8.00	7.20	5.50
HT	26.00	25.00	23.00		20.00		
Pent	2400	2300	2300	2250		1700	
Hept	3400	3200	3200				

The above veterans' standards are for women aged 35-39.

In all age groups, members who equal or better a club standard in outdoor competition will receive a tracksuit badge or a standard certificate.