

## Standard Tables 2020

**E.S.A.A. National Standards** are those performance levels for which standard badges may be purchased at the National Championships.

**Entry Standards** are the minimum performance levels normally required for an athlete to be selected for a County Team for the National Championships.

**County Standards** correspond to a good standard of performance by an athlete competing in a County Championship meeting.

**District Standard** corresponds to a good standard of performance by an athlete competing at a District Championship meeting. These may need amendment to suit the variations in type of District Championship staged.

**School Standard** corresponds to a good standard of performance by an athlete competing at a School Championship meeting. Except for Year 7 and 8 tables - the age groups, events and event specifications are as set out in the Track and Field Competition Rules.

### Years 7 and 8

The variety of events and specifications is offered in order to cater for the intense athletic interest and for the rapid physical changes which take place at this stage.

It is stressed that success in the initial teaching of athletics stems from the understanding that the physical challenge to the pupil should not exceed that which can be comfortably handled. All children, therefore, should be started with light implements and low hurdles, and be allowed to progress as appropriate to themselves.

This will almost certainly create some problems of organisation at school level, but these are NOT insurmountable.

The Standards shown for younger age groups and for School and District level are being re-worked to match the Awards Scheme.

### Hurdle Specifications as used in Year 7 and 8 Tables

70 metres: Eight flights at 68cm or 76cm high; 11 metre approach, then 7 metre interval between flights and a 10 metre run-in to the finish.

75 metres: Eight flights at 68cm or 76cm high; 11.5 metre approach, then 7.5 metre interval between flights and an 11 metre run-in to the finish.

80 metres: Eight flights at 76cm; 12 metre approach, then 8 metre interval between flights and a 12 metre run-in to the finish

Standards for Year 7 and for Year 8 are being realigned with the new Award Scheme tables and will be updated further during the next year.

**These are the Standards for 2020 and they replace all previous Standards.**

**Please ensure that you do not refer to Standards from previous years.**

**These Standards are liable to change next year. If it isn't 2020, please do not rely on these Standards still being current.**

## Junior Group (Year 7)

<b>BOYS</b>		<b>District</b>	<b>School</b>
80 metres		11.6 secs	12.2 secs
100 metres		13.5 secs	14.0 secs
200 metres		28.0 secs	29.0 secs
800 metres		2 min 30 secs	2 min 35 secs
1500 metres		5 min 06 secs	5 min 18 secs
Hurdles	70 metres at 68cm	13.0 secs	13.3 secs
	75 metres at 68cm	13.6 secs	14.5 secs
Relay	4 x 100m	57.8 secs	60.5 secs
High Jump		1.35m	1.30m
Pole Vault		2.16m	2.00m
Long Jump		4.40m	4.20m
Shot	2.72kg. (6lbs.)	8.40m	7.40m
Shot	3.00kg	8.00m	7.00m
Discus	0.75kg	20.00m	17.00m
Discus	1.00kg	18.00m	15.00m
Javelin	400gm	25.00m	20.00m
Hammer	3.00kg	25.00m	20.00m
<b>GIRLS</b>		<b>District</b>	<b>School</b>
80 metres		12.0 secs	13.0 secs
100 metres		14.0 secs	14.5 secs
200 metres		29.0 secs	30.0 secs
800 metres		2 min 35 secs	2 min 42 secs
1500 metres		5 min 25 secs	5 min 40 secs
Hurdles	70 metres at 68cm	12.6 secs	13.2 secs
	75 metres at 68cm	13.5 secs	14.1 secs
Relay	4 x 100m	60.0 secs	62.2 secs
High Jump		1.30m	1.25m
Pole Vault		2.10m	2.00m
Long Jump		4.20m	4.00m
Shot	2.72kg.	7.50m	6.50m
Discus	0.75kg	18.00m	15.00m
Javelin	400gm	20.00m	15.00m
Hammer	3.00kg	20.00m	15.00m

## Junior Group (Year 8)

<b>BOYS</b>		<b>District</b>	<b>School</b>
80 metres		11.2 secs	12.0 secs
100 metres		13.0 secs	13.4 secs
200 metres		27.6 secs	28.5 secs
300 metres		48.5 secs	51.5 secs
800 metres		2 min 27 secs	2 min 33 secs
1500 metres		4 min 59 secs	5 min 15 secs
Hurdles	70 metres at 76cm	12.6 secs	13.0 secs
Hurdles	75 metres at 76cm	13.2 secs	13.9 secs
Hurdles	80 metres at 76cm	14.0 secs	15.0 secs
Relay	4 x 100m	54.7 secs	57.6 secs
High Jump		1.40m	1.34m
Pole Vault		2.22m	2.08m
Long Jump		4.65m	4.40m
Triple Jump		10.15m	9.47m
Shot	3.00kg	10.05m	9.10m
Shot	4.00kg	9.65m	8.90m
Discus	1.00kg	27.00m	24.00m
Discus	1.25kg	24.00m	21.00m
Javelin	400gm	34.00m	30.00m
Javelin	600gm	32.00m	27.50m
Hammer	4.00kg	28.00m	25.00m
<b>GIRLS</b>			
80 metres		11.7 secs	12.2
100 metres		13.7 secs	14.0
200 metres		29.7 secs	30.5
800 metres		2 min 30 secs	2min 38 secs
1500 metres		5 min 15 secs	5min 25 secs
Hurdles	70 metres at 76cm	13.00 secs	13.8
Hurdles	75 metres at 76cm	13.6 secs	14.4
Relay	4 x 100m	57.8 secs	61.3
High Jump		1.32m	1.27m
Pole Vault		2.30m	2.10m
Long Jump		4.30m	4.10m
Shot	2.72kg. (6lbs.)	7.95m	7.80m
Shot	3.00kg	7.60m	7.35m
Discus	0.75kg	21.50m	19.50m
Discus	1.00kg	19.00m	17.00m
Javelin	400gm	21.50m	19.00m
Javelin	500gm	20.00m	17.00m

Hammer | 3.00kg | 24.00m | 20.00m

**Junior Group U15 years (Year 9)**

<b>BOYS</b>	<b>National</b>	<b>Entry</b>	<b>County</b>	<b>District</b>	<b>School</b>
100 metres	11.4s	11.6s	12.2s	12.5s	13.0s
200 metres	23.2s	23.8s	24.8s	25.6s	27.0s
300 metres	36.8s	38.0s	40.0s	42.0s	45.0s
800 metres	2m 02s	2m 05s	2m 13s	2m 20s	2m 27s
1500 metres	4m 13s	4m 20s	4m 36s	4m 50s	5m 05s
80m Hurdles	11.6s	12.0s	12.8s	13.8s	15.0s
Relay	45.6s	47.5s	49.5s	51.2s	53.5s
High Jump	1.78m	1.72m	1.60m	1.50m	1.45m
Pole Vault	3.30m	3.00m	2.30m	2.10m	2.00m
Long Jump	5.95m	5.80m	5.30m	5.00m	4.70m
Triple Jump	12.40m	12.00m	11.00m	10.00m	9.25m
Shot	13.30m	12.30m	10.50m	9.50m	9.00m
Discus	38.00m	35.00m	28.00m	24.00m	20.00m
Javelin	47.00m	44.00m	35.00m	30.00m	28.00m
Hammer	45.00m	38.00m	27.00m	24.00m	21.00m
Pentathlon	2800 pts				
3000m Walk	15m 30s				
<b>GIRLS</b>					
100 metres	12.4s	12.7s	13.2s	13.5s	14.2s
200 metres	25.5s	26.2s	27.2s	28.0s	30.0s
300 metres	41.0s	42.0s	44.2s	46.0s	48.0s
800 metres	2m 15s	2m 18s	2m 26s	2m 33s	2m 50s
1500 metres	4m 40s	4m 48s	5m 03s	5m 20s	5m 55s
75m Hurdles	11.4s	11.7s	12.5s	13.5s	14.1s
Relay	50.0s	52.0s	54.0s	55.4s	58.0s
High Jump	1.65m	1.59m	1.45m	1.40m	1.30m
Pole Vault	3.00m	2.70m	2.00m	1.80m	1.70m
Long Jump	5.30m	5.20m	4.70m	4.40m	4.10m
Shot	11.20m	10.60m	9.00m	8.00m	7.00m
Discus	30.00m	27.00m	22.00m	19.00m	18.00m
Javelin	36.00m	34.00m	28.00m	23.00m	21.00m
Hammer	43.00m	37.00m	25.00m	21.00m	20.00m
Pentathlon	3100 pts				
3000m Walk	16m 30s				

## Intermediate Group U17 years (Years 10 & 11)

<b>BOYS</b>	<b>National</b>	<b>Entry</b>	<b>County</b>	<b>District</b>	<b>School</b>
100 metres	11.0s	11.2s	11.7s	12.0s	12.3s
200 metres	22.2s	22.7s	23.7s	24.4s	26.0s
400 metres	49.7s	51.1s	53.5s	55.5s	59.0s
800 metres	1m 55s	1m 57s	2m 05s	2m 10s	2m 20s
1500 metres	4m 03s	4m 06s	4m 20s	4m 30s	4m 55s
3000 metres	8m 50s	8m 56s	9m 35s	10m 00s	10.45s
100m Hurdles	13.5s	14.0s	15.2s	16.0s	17.0s
400m Hurdles	56.5s	58.7s	64.0s	68.0s	72.0s
1500m Steeplechase	4m 32s	4m 40s	5m 05s	5m 20s	5m 55s
Relay	43.6s	45.0s	47.0s	48.0s	50.0s
High Jump	1.94m	1.88m	1.70m	1.60m	1.50m
Pole Vault	4.20m	3.90m	2.80m	2.20m	2.00m
Long Jump	6.80m	6.40m	5.80m	5.50m	5.30m
Triple Jump	13.70m	13.20m	12.00m	11.00m	10.50m
Shot	14.20m	13.20m	11.00m	10.00m	9.50m
Discus	44.00m	41.00m	33.00m	26.00m	24.00m
Javelin	54.00m	52.00m	40.00m	33.00m	30.00m
Hammer	56.00m	49.00m	30.00m	24.00m	20.00m
Octathlon	4800 pts				
5000m Walk	26m 00s				
<b>GIRLS</b>					
100 metres	12.2s	12.5s	13.0s	13.4s	14.1s
200 metres	25.1s	25.8s	26.8s	27.5s	29.5s
300 metres	40.2s	41.2s	43.5s	45.5s	50.0s
800 metres	2m 13s	2m 16s	2m 25s	2m 32s	2m 47s
1500 metres	4m 39s	4m 45s	5m 00s	5m 15s	5m 50s
3000 metres	10m 10s	10m 20s	11m 10s	12m 00s	12m 20s
80m Hurdles	11.6s	12.0s	13.0s	14.0s	15.0s
300m Hurdles	45.0s	46.4s	51.0s	54.0s	60.0s
1500m Steeplechase	5m 13s	5m 23s	5m 50s	6m 15s	6m 30s
Relay	48.2s	50.2s	52.5s	54.2s	57.0s
High Jump	1.71m	1.65m	1.50m	1.45m	1.35m
Pole Vault	3.40m	3.10m	2.20m	1.90m	1.80m
Long Jump	5.55m	5.40m	4.90m	4.60m	4.20m
Triple Jump	11.30m	10.90m	10.00m	9.00m	8.60m
Shot	12.70m	11.60m	10.00m	8.70m	7.75m
Discus	37.00m	33.00m	26.00m	21.00m	20.00m
Javelin	41.00m	38.00m	30.00m	25.00m	23.00m
Hammer	53.00m	48.00m	34.00m	23.00m	20.00m
Heptathlon	4700 pts				
3000m Walk	16m 00s				

## Senior Group U19 years (Years 12 & 13)

<b>BOYS</b>	<b>National</b>	<b>Entry</b>	<b>County</b>	<b>District</b>
100 metres	10.8s	11.0s	11.5s	12.0s
200 metres	21.9s	22.2s	23.4s	24.4s
400 metres	48.8s	49.7s	53.0s	55.5s
800 metres	1m 52s	1m 54s	2m 02s	2m 10s
1500 metres	3m 55s	3m 58s	4m 15s	4m 30s
3000 metres	8m 33s	8m 36s	9m 20s	10m 00s
110m Hurdles	14.6s	15.3s	17.5s	18.5s
400m Hurdles	55.0s	57.5s	64.0s	68.0s
2000m Steeplechase	6m 08s	6m 18s	6m 50s	7m 15s
Relay	43.5s	44.5s	46.5s	47.2s
High Jump	2.01m	1.95m	1.70m	1.60m
Pole Vault	4.50m	4.20m	2.80m	2.20m
Long Jump	6.80m	6.70m	5.80m	5.50m
Triple Jump	14.20m	13.50m	12.00m	11..00m
Shot	13.70m	12.80m	10.50m	9.50m
Discus	46.00m	40.00m	30.00m	24.00m
Javelin	56.00m	52.00m	38.00m	32.00m
Hammer	58.00m	50.00m	28.00m	22.00m
Decathlon	6000 pts			
5000m Walk	25m 00s			
<b>GIRLS</b>				
100 metres	12.1s	12.4s	13.0s	13.4s
200 metres	25.1s	25.7s	26.8s	27.5s
400 metres	57.0s	58.3s	62.0s	65.0s
800 metres	2m 12s	2m 16s	2m 25s	2m 32s
1500 metres	4m 36s	4m 42s	5m 00s	5m 15s
3000 metres	10m 06s	10m 16s	11m 10s	12m 00s
100m Hurdles	14.6s	15.3s	17.5s	18.5s
400m Hurdles	64.0s	65.5s	73.0s	76.0s
1500m Steeplechase	5m 10s	5m 17s	6m 00s	6m 15s
Relay	49.0s	50.0s	52.5s	54.0s
High Jump	1.72m	1.66m	1.50m	1.45m
Pole Vault	3.50m	3.20m	2.20m	1.90m
Long Jump	5.60m	5.40m	4.90m	4.60m
Triple Jump	11.40m	11.10m	10.00m	9.00m
Shot	11.40m	10.50m	9.00m	7.50m
Discus	39.00m	36.00m	26.00m	21.00m
Javelin	40.00m	37.00m	28.00m	23.00m
Hammer	47.00m	43.00m	30.00m	22.00m
Heptathlon	4350 pts			
5000m Walk	27m 30s			