

Standards for Women and Girls 2013-14

*Improved standard, # reduced standard; ^ new event

Senior Women

Event	Grade 1	Grade 2	Grade 3
100 metres	12.2 sec	12.2 sec	12.7 sec
200 metres	24.7 sec *	25.2 sec	25.8 sec *
400 metres	56.0 sec *	57.3 sec *	59.1 sec *
800 metres	2 min 09.3 sec	2 min 13.3 sec #	2 min 17.6 sec #
1,500 metres	4 min 27.5 sec	4 min 34 sec	4 min 43.0 sec #
3,000 metres	9 min 38.0 sec *	9 min 57.0 sec *	10 min 23.0 sec #
5,000 metres	15 min 49.5 sec #	16 min 24.5 sec *	17 min 06.5 sec *
10,000 metres	32 min 36.0 sec *	33 min 16.0 sec *	35 min 18.0 sec *
1,500 metres Steeplechase	5 min 26.0 sec	5 min 35.0 sec	5 min 45.0 sec
2,000 metres Steeplechase	6 min 56.0 sec*	7 min 13.0 sec *	7 min 34.0 sec #
100 metres Hurdles	13.9 sec	14.4 sec *	15.1 sec *
400 metres Hurdles	60.7 sec *	63.9 sec *	66.2 sec *
High Jump	1.70 metres #	1.65 metres #	1.60 metres #
Pole Vault	3.65 metres *	3.50 metres *	3.10 metres
Long Jump	5.75 metres	5.55 metres *	5.45 metres *
Triple Jump	11.70 metres*	11.15 metres *	10.65 metres
Shot	11.80 metres *	11.05 metres*	10.10 metres *
Discus	40.50 metres *	37.65 metres *	33.20 metres *
Hammer	50.85 metres *	44.55 metres #	39.00 metres *
Javelin	40.55 metres #	36.00 metres *	32.15 metres #
Heptathlon	5440 points *	5225 points *	4460 points *
3,000 metres Walk	14 min 50.0 sec	15 min 20.0 sec	15 min 40.0 sec
5,000 metres Walk	24 min 30.0 sec	26 min 00.0 sec	26 min 50.0 sec
10,000 metres Walk	53 min 00.0 sec	58 min 00.0 sec	61 min 00.0 sec
Indoor			
60 metres	7.70 sec	7.85 sec	8.05 sec
60 metres Hurdles	8.45 sec *	8.70 sec *	8.90 sec

Under 20 Women (Junior)

Event	Grade 1	Grade 2	Grade 3
100 metres	12.1 sec *	12.3 sec *	12.6 sec *
200 metres	24.7 sec *	25.3 sec *	25.8 sec*
400 metres	56.7 sec *	58.2 sec	59.8 sec
800 metres	2 min 10.0 sec *	2 min 12.8 sec *	2 min 17.0 sec #
1,500 metres	4 min 27.0 sec *	4 min 34.0 sec	4 min 41.5 sec
3,000 metres	9 min 49.5 sec #	10 min 01.5 sec #	10 min 29.5 sec #
1,500 metres Steeplechase	5 min 08.5 sec *	5 min 13.5 sec *	5 min 34.5 sec *
2,000 metres Steeplechase	7 min 04.5 sec	7 min 13.5 sec	7 min 29.0 sec
100 metres Hurdles	14.2 sec *	14.5 sec *	15.3 sec *
400 metres Hurdles	62.0 sec *	65.4 sec #	67.2 sec *
High Jump	1.73 metres *	1.69 metres	1.61 metres
Pole Vault	3.70 metres *	3.55 metres *	3.25 metres *
Long Jump	5.65 metres #	5.45 metres #	5.25 metres
Triple Jump	11.50 metres #	11.10 metres *	10.65 metres
Shot	11.55 metres *	10.80 metres *	9.85 metres *
Discus	39.50 metres *	36.60 metres *	32.70 metres *
Hammer	51.75 metres *	45.65 metres *	39.95 metres *
Javelin	42.15 metres *	39.10 metres *	33.95 metres *
Heptathlon	5225 points *	4635 points *	4080 points #
3,000 metres Walk	15 min 40.0 sec	16 min 20.0 sec	17 min 00.0 sec
5,000 metres Walk	26 min 25.0 sec	27 min 30.0 sec	28 min 35.0 sec
10,000 metres Walk	55 min 50.0 sec	58 min 00.0 sec	60 min 10.0 sec
Indoor			
60 metres	7.70 sec	7.90 sec #	8.00 sec *
60 metres Hurdles	8.70 sec *	8.85 sec *	9.10 sec *

Under 17 Women

Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	12.4 sec	12.6 sec	12.8 sec	13.1 sec
200 metres	25.6 sec #	26.4 sec #	26.4 sec #	27.0 sec *
300 metres	41.3 sec *	42.0 sec	42.9 sec *	44.4 sec

400 metres	58.6 sec	59.5 sec	60.2 sec	62.0 sec
800 metres	2 min 14.4 sec *	2 min 17.5 sec	2 min 20.1 sec *	2 min 25.9 sec
1,500 metres	4 min 37.5 sec *	4 min 44.5 sec *	4min 53.0 sec *	5 min 04.1 sec *
3,000 metres	10 min 12.5 sec #	10 min 25.0 sec *	10 min 52.0 sec #	11min 22.5 sec *
1500m Steeplechase	5 min 29.0 sec ^	5 min 43.0 sec ^	5 min 57.5 sec ^	6 min 28.5 sec ^
80 metres Hurdles	11.9 sec *	12.5 sec *	12.5 sec *	13.2 sec
300 metres Hurdles	45.2 sec *	45.8 sec *	47.6 sec *	50.2 sec #
High Jump	1.65 metres	1.60 metres #	1.55 metres	1.50 metres
Pole Vault	3.50 metres *	3.30 metres *	2.90 metres *	2.52 metres *
Long Jump	5.35 metres	5.25 metres *	5.10 metres *	4.80 metres *
Triple Jump	10.95 metres *	10.55 metres #	10.10 metres	9.50 metres *
Shot	9.95 metres	9.40 metres *	8.65 metres #	7.80 metres
Discus	34.60 metres *	31.20 metres #	27.40 metres #	23.20 metres #
Hammer	40.40 metres *	37.15metres *	29.95 metres #	23.25 metres *
Javelin	35.55 metres #	32.50 metres #	28.80 metres #	24.95 metres *
Heptathlon	4135 points #	3965 points *	3695 points #	3175 points *
3,000 metres Walk	15 min 48.0 sec	16 min 00.0 sec	16 min 13.0 sec	17 min 42.0 sec
5,000 metres Walk	26 min 25.0 sec	26 min 40.0 sec	27 min 04.0 sec	29 min 25.0 sec
Indoor				
60 metres	7.90 sec #	8.05 sec #	8.20 sec #	8.35 sec
60 metres Hurdles	9.00 sec #	9.20 sec #	9.35 sec	9.80 sec

Under 15 Girls

Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	12.8 sec	13.2 sec #	13.5 sec	13.5 sec
200 metres	26.5 sec #	26.9 sec #	28.0 sec	28.0 sec
400 metres	2 min 19.4 sec *	2 min 22.3 sec *	2 min 25.9 sec *	2 min 31.0 sec
800 metres	4 min 48.2 sec *	4 min 54.5 sec *	5min 01.8 sec *	5 min 14.7 sec*
1,500 metres	10 min 20.0 sec *	10 min 30.6 sec *	11 min 02.0 sec *	11 min 38.5 sec *
3,000 metres	12.2 sec #	12.4 sec #	12.8 sec #	13.5 sec #
75 metres Hurdles	1.56 metres *	1.51 metres *	1.49 metres *	1.40 metres
High Jump	3.05 metres *	2.85 metres *	2.60 metres *	2.20 metres
Pole Vault	5.00 metres	4.85 metres	4.70 metres	4.45 metres
Long Jump	9.80 metres #	9.25 metres *	8.60 metres	7.90 metres *
Shot	27.55 metres *	25.10 metres *	22.55 metres *	19.65 metres
Discus	42.60 metres *	38.90 metres *	34.20 metres *	24.50 metres *
Hammer	28.75 metres #	26.40 metres *	23.85 metres	20.35 metres #
Javelin	2740 points *	2610 points *	2355 points #	1820 points #
Pentathlon	13 min 35.0 sec	14 min 00.0 sec	14 min 30.0 sec	16 min 10.0 sec
2,500 metres Walk	16 min 15.0 sec	16 min 45.0 sec	17 min 20.0 sec	19 min 20.0 sec
3,000 metres Walk				
Indoor				
60 metres	8.20 sec #	8.30 sec #	8.45 sec	8.80 sec #
60 metres Hurdles	9.45 sec #	9.65 sec #	9.85 sec #	10.20 sec #

Under 13 Girls

Event	Grade 1	Grade 2	Grade 3	Grade 4
75 metres	10.4 sec	10.6 sec	10.9 sec	11.3 sec
100 metres	13.6 sec	13.8 sec	14.1 sec	14.5 sec
150 metres	20.7 sec #	21.1 sec #	21.7 sec #	22.4 sec
200 metres	28.4 sec #	29.0 sec	29.6 sec	30.7 sec*
600 metres	1 min 45.4 sec ^	1 min 47.7 sec ^	1 min 50.0 sec ^	1 min 52.6 sec ^
800 metres	2 min29.0 sec *	2 min 31.9 sec #	2 min 35.1 sec *	2 min 41.0 sec
1200 metres	3 min 56.6 sec *	4 min 00.0 sec *	4mim 06.3 sec *	4 min 13.7 sec *
1500 metres	5 min 05.9 sec #	5 min 10.7 sec *	5 min 21.0 sec #	5 min 35.8 sec *
70 metres Hurdles	11.9 sec *	12.2 sec *	12.7 sec *	13.3 sec *
High Jump	1.40 metres	1.35 metres	1.30 metres	1.24 metres #
Long Jump	4.50 metres *	4.35 metres	4.20 metres	3.95 metres
Shot	8.50 metres *	7.85 metres	7.25 metres #	6.50 metres #
Discus	22.15 metres *	20.44 metres *	18.20 metres *	14.50 metres #
Javelin	24.60 metres #	22.25 metres #	18.95 metres #	15.35 metres #
Pentathlon	2185 points #	2080 points #	1945 points #	1665 points #
2,000 metres Walk	11 min 30.0 sec	11 min 50.0 sec	12 min 40.0 sec	13 min 20.0 sec
2,500 metres Walk	14 min 35.0 sec	14 min 55.0 sec	15 min 55.0 sec	16 min 45.0 sec
Indoor				
60 metres	8.45 sec *	8.70 sec *	8.85 sec	9.10 sec *



AAA STANDARDS SCHEME 2013/2014

THE COMMON STANDARDS SCHEME

