

ATHLETIC WEEKLY STANDARDS
FEMALE PERFORMANCE REQUIRED TO ACHIEVE A SCORE OF 100%

EVENT	U13	U15	U17	U20	SEN	V35	V40	V45	V50	V55
100m	14.0	13.3	13.0	13.0	13.0	14.0	14.5	15.0	16.0	17.0
200m	29.5	27.5	27.0	27.0	27.0	29.0	30.0	31.5	33.5	36.0
300m	0.0	46.0	45.0	44.0	44.0	0.0	0.0	0.0	0.0	0.0
400m	0.0	0.0	1:03.0	1:02.0	1:02.0	1:04.0	1:07.0	1:10.0	1:16.0	1:22.0
600m	1:55.0	1:45.0	1:44.0	1:42.0	1:42.0	0.0	0.0	0.0	0.0	0.0
800m	2:40.0	2:28.0	2:25.0	2:25.0	2:25.0	2:30.0	2:40.0	2:50.0	3:00.0	3:10.0
1200m	4:20.0	0.0	0.0	4:00.0	4:00.0	0.0	0.0	0.0	0.0	0.0
1500m	5:30.0	5:10.0	5:05.0	5:00.0	5:00.0	5:10.0	5:25.0	5:40.0	6:00.0	6:15.0
1 Mile	6:00.0	5:35.0	5:30.0	5:30.0	5:30.0	5:35.0	5:50.0	6:10.0	6:30.0	6:45.0
3000m	0.0	0.0	11:00.0	11:00.0	11:00.0	11:00.0	11:40.0	12:20.0	13:00.0	13:30.0
5000m	0.0	0.0	0.0	20:00.0	20:00.0	20:00.0	20:30.0	21:00.0	22:00.0	23:00.0
10000m	0.0	0.0	0.0	42:00.0	42:00.0	42:00.0	43:00.0	44:00.0	46:00.0	48:00.0
70m Hurdles	13.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
75m Hurdles	0.0	12.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
80m Hurdles	0.0	0.0	13.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
100m Hurdles	0.0	0.0	17.0	16.5	16.5	18.0	19.0	20.0	22.0	0.0
300m Hurdles	0.0	0.0	50.0	50.0	50.0	0.0	0.0	0.0	0.0	0.0
400m Hurdles	0.0	0.0	1:11.0	1:10.0	1:10.0	1:14.0	1:20.0	1:25.0	0.0	0.0
3000m S/c	0.0	0.0	0.0	13:00.0	13:00.0	0.0	0.0	0.0	0.0	0.0
4 X 100m	58.0	53.5	53.0	52.0	52.0	0.0	0.0	0.0	0.0	0.0
4 X 200m	2:15.0	2:00.0	1:55.0	1:52.0	1:52.0	0.0	0.0	0.0	0.0	0.0
4 X 400m	0.0	0.0	4:25.0	4:15.0	4:15.0	0.0	0.0	0.0	0.0	0.0
Discus	20.00	23.00	27.00	30.00	30.00	25.00	23.00	20.00	18.00	16.00
Hammer	0.00	0.00	27.00	30.00	30.00	25.00	23.00	20.00	18.00	16.00
High Jump	1.33	1.45	1.52	1.55	1.55	1.25	1.20	1.15	1.10	1.05
Javelin	20.00	25.00	30.00	30.00	30.00	25.00	23.00	20.00	18.00	16.00
Long Jump	4.15	4.60	4.80	5.00	5.00	4.30	4.00	3.70	3.50	3.30
Pole Vault	0.00	0.00	2.50	2.25	2.25	1.90	1.80	1.70	1.60	1.50
Shot	7.50	9.00	9.00	10.00	10.00	8.50	8.00	7.50	7.00	6.50
Triple Jump	0.00	0.00	9.00	10.00	10.00	8.50	8.00	7.50	7.00	6.50

The above standards are taken from the Athletics Weekly web page and incorporate the new Young Athlete's standards. These are the figures I will be basing performance data on.