

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

EVENT	U13	U15	U17	U20	SEN	V40	V45	V50	V55
100m	13.5	12.3	11.7	11.5	11.3	12.3	12.8	13.3	14.0
200m	28.0	25.3	24.0	23.5	23.0	25.0	26.0	27.0	28.5
300m	45.0	40.5	38.0	37.0	36.5	0.0	0.0	0.0	0.0
400m	1:03.0	57.0	53.5	52.0	51.0	56.0	58.0	1:01.0	1:04.0
600m	1:44.0	1:35.0	1:30.0	1:27.0	1:25.0	0.0	0.0	0.0	0.0
800m	2:28.0	2:13.0	2:05.0	2:02.0	2:00.0	2:10.0	2:15.0	2:20.0	2:30.0
1500m	5:05.0	4:35.0	4:20.0	4:13.0	4:08.0	4:30.0	4:40.0	4:50.0	5:10.0
1 Mile	5:30.0	5:00.0	4:45.0	4:35.0	4:30.0	4:55.0	5:05.0	5:15.0	5:35.0
3000m	11:00.0	10:00.0	9:30.0	9:15.0	9:00.0	9:30.0	10:00.0	10:30.0	11:00.0
5000m	0.0	0.0	0.0	16:30.0	16:30.0	17:00.0	17:30.0	18:30.0	19:30.0
10000m	0.0	0.0	0.0	35:00.0	35:00.0	36:00.0	37:00.0	39:00.0	41:00.0
75m Hurdles	14.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
80m Hurdles	0.0	13.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
100m Hurdles	0.0	0.0	15.0	0.0	0.0	0.0	0.0	0.0	0.0
110m Hurdles	0.0	0.0	0.0	16.5	16.0	18.0	19.0	20.0	21.0
400m Hurdles	0.0	0.0	1:01.0	60.0	58.0	1:04.0	1:08.0	1:12.0	1:16.0
1500m S/c	0.0	0.0	5:00.0	0.0	0.0	0.0	0.0	0.0	0.0
3000m S/c	0.0	0.0	0.0	10:15.0	10:00.0	10:45.0	11:15.0	12:00.0	13:00.0
4 X 100m	56.0	50.0	47.0	46.0	44.0	0.0	0.0	0.0	0.0
4 X 200m	2:05.0	1:50.0	1:45.0	1:40.0	1:35.0	0.0	0.0	0.0	0.0
4 X 400m	4:45.0	4:00.0	3:45.0	3:38.0	3:26.0	0.0	0.0	0.0	0.0
Discus	21.00	30.00	34.00	35.00	35.00	33.00	30.00	30.00	27.00
Hammer	0.00	33.00	37.00	40.00	40.00	35.00	32.00	30.00	27.00
High Jump	1.40	1.60	1.75	1.85	1.90	1.60	1.50	1.40	1.30
Javelin	30.00	40.00	45.00	45.00	50.00	40.00	35.00	30.00	27.00
Long Jump	4.40	5.50	6.00	6.25	6.50	5.25	5.00	4.70	4.30
Pole Vault	2.00	2.50	3.00	3.30	3.70	3.00	2.50	2.25	2.00
Shot	8.50	11.00	12.00	11.50	13.00	11.00	10.00	10.00	9.50
Triple Jump	9.00	11.50	12.50	12.75	13.00	11.00	10.50	10.00	9.50

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.