

**MINIMUM STANDARDS**

<b>Event</b>	<b>Under 14</b>	<b>Under 13</b>	<b>Under 12</b>	<b>Under 11</b>	<b>Under 10</b>
100m	13.8	14.2	14.8	15.3	12.5 (75m)
200m	29	30.5	31.5	32.5	26 (150m)
400m	66				
600m					2.12
800m	2.35	2.40	2.45	2.55	3.00
1500m	5.20	5.35	5.50		
Hurdles	14.2 (75m)	13.7 (70m)	14.4 (70m)		
Long Jump	4.50m	4.25m	4m	3.75m	3.50m
High Jump	1.42m	1.32m	1.26m	1.18m	1.10m
Triple Jump	9.60m				
Javelin	24m (600gm)	22m (400gm)	20m (400gm)		
Shot	9m (3.25kg)	8m (2.72kg)	7m (2.72Kg)		
Discus	22m (1kg)	18m (0.75kg)	16m (0.75kg)		
Relay	59.0s	63.0s	67.0s		