

# ATHLETICS DATA STANDARDS 2008

Event	Men	U23M	U20M	U17M	U15M	U13M	M35	M40	M45	M50	M55	M60	M65	M70	Women	U23W	U20W	U17W	U15W	U13W	W35	W40	W45	W50	W55	W60	W65	W70	
50	6.3														7.3														
60	7.3	7.3	7.5	7.7	8.0	8.7	7.3	7.9	8.2	8.5	8.8	9.1	9.5	10.0	8.5	8.5	8.5	8.5	9.0	9.3	8.8	9.1	9.5	9.8	10.2				
75																				11.2									
80																				12.0									
100	11.3	11.3	11.5	11.7	12.3	13.5	11.3	12.3	12.8	13.2	13.7	14.2	15.0	15.5	13.0	13.0	13.0	13.0	13.3	14.0	13.5	14.0	14.5	15.0	16.0				
150	17.0														20.0					22.0									
200	23.0	23.0	23.5	24.0	25.3	28.0	23.0	25.0	26.0	27.0	28.0	29.0	31.0	32.0	27.0	27.0	27.0	27.0	27.5	29.5	28.0	29.0	31.5	32.0	33.0				
300	36.5	36.5	37.0	38.0	40.5	45.0	36.5								44.0	44.0	44.0	45.0	46.0		44.0								
400	51.0	51.0	52.0	53.5	57.0	63.0	51.0	56.0	58.0	60.0	63.0	66.0	70.0	73.0	62.0	62.0	62.0	63.0			64.0	67.0	70.0	74.0	78.0				
600	1:25.0	1:25.0	1:27.0	1:30.0	1:35.0	1:44.0	1:25.0								1:42	1:42	1:42	1:44	1:45	1:55	1:42								
800	2:00.0	2:00.0	2:02.0	2:05.0	2:13.0	2:28.0	2:00.0	2:08.0	2:15.0	2:20.0	2:26.0	2:35.0	2:42.0	2:50.0	2:25.0	2:25.0	2:25.0	2:25.0	2:28.0	2:40.0	2:30.0	2:40.0	2:45.0	2:55.0	3:05.0				
1000	2:36.0	2:36.0	2:40.0	2:45.0	2:55.0	3:10.0	2:36.0								3:10.0	3:10.0	3:10.0	3:12.0	3:15.0	3:30.0	3:10.0								
1200	3:12.0	3:12.0					3:12.0								4:00.0	4:00.0	4:00.0			4:20.0	4:00.0								
1500	4:08.0	4:08.0	4:13.0	4:20.0	4:35.0	5:05.0	4:08.0	4:25.0	4:35.0	4:50.0	5:00.0	5:15.0	5:30.0	5:50.0	5:00.0	5:00.0	5:00.0	5:05.0	5:10.0	5:30.0	5:10.0	5:25.0	5:40.0	6:00.0	6:15.0				
Mile	4:30.0	4:30.0	4:35.0	4:45.0	5:00.0	5:30.0	4:30.0	4:45.0	5:00.0	5:15.0	5:30.0				5:30.0	5:30.0	5:30.0	5:30.0	5:35.0	6:00.0	5:35.0	5:50.0	6:10.0	6:30.0	6:45.0				
2000	5:45.0	5:45.0					5:45.0								7:00.0	7:00.0	7:00.0				7:00.0								
3000	9:00.0	9:00.0	9:15.0	9:30.0	10:00.0	11:00.0	9:00.0	9:20.0	9:45.0	10:15.0	10:45.0	11:15.0	12:00.0	12:30.0	11:00.0	11:00.0	11:00.0	11:00.0	11:15.0	11:15.0	11:00.0	11:40.0	12:15.0	12:45.0	13:30.0				
2Miles	10:00.0	10:00.0					10:00.0								12:00.0	12:00.0	12:00.0				12:00.0								
5000	16:15.0	16:15.0	16:30.0	16:30.0			16:15.0	16:30.0	17:00.0	17:30.0	18:30.0	19:15.0	20:00.0	21:30.0	20:00.0	20:00.0	20:00.0	20:00.0			20:00.0	20:00.0	21:00.0	22:00.0	23:00.0				
10000	35:00.0	35:00.0	35:00.0	35:00.0			35:00.0	35:00.0	36:00.0	37:00.0	39:00.0	40:30.0	42:30.0	45:00.0	42:00.0	42:00.0	42:00.0	42:00.0			42:00.0	42:00.0	44:00.0	46:00.0	48:00.0				
24Hours	150.000														150.000														
60H	9.0	9.0	9.0	9.3	9.6	11.0	9.0	10.0	10.0	10.0	10.0	12.0	10.0	14.0	10.0	10.0	10.0	10.0	10.0	11.0	10.0	11.0	11.0	12.0	12.0				
70H																					13.0								
75H						14.6													12.8										
80H					13.0									18.0				13.0					14.0	15.0	16.0	17.0			
100H				15.0						17.0	18.0	20.0	23.0		16.5	16.5	16.5	17.0				18.0	19.0	20.0	22.0				
110H	17.0	17.0	17.0				17.0	18.0	19.0																				
200H	27.0	27.0					27.0																						
300H															50.0	50.0	50.0	50.0			50.0								
400H	58.0	58.0	60.0	61.0			58.0	64.0	68.0	72.0	76.0				70.0	70.0	70.0	71.0			74.0	80.0	85.0						
1500SC	4:40.0		4:50.0	5:00.0	5:00.0		4:40.0	4:40.0	4:40.0	4:40.0	4:40.0	4:40.0	4:40.0	4:40.0	6:00.0	6:00.0	6:00.0	6:00.0	6:00.0		6:00.0	6:00.0	6:00.0	6:00.0	6:00.0				
2000SC	6:20.0	6:20.0	6:30.0				6:20.0	6:40.0							8:00.0	8:00.0	8:00.0				8:00.0								
3000SC	10:00.0	10:00.0	10:15.0				10:00.0	10:30.0	11:15.0	12:00.0	13:00.0				14:00.0	13:00.0	13:00.0					13:00.0							
2000W						13:00.0		13:00.0	13:00.0																				
2500W																			16:30.0										
3000W	15:00.0	15:00.0	15:15.0	16:00.0	17:00.0	19:00.0	15:00.0	15:30.0	16:00.0	16:30.0	17:00.0	18:00.0	19:00.0	20:00.0	18:00.0	18:00.0	18:00.0	18:00.0	20:00.0		18:00.0								
5000W	26:00.0	26:00.0	26:30.0	28:00.0			26:00.0	27:00.0	28:00.0	29:00.0	30:00.0	31:00.0	32:00.0	33:00.0	32:00.0	32:00.0	32:00.0	32:00.0	34:00.0		32:00.0								
10000W	55:00.0	55:00.0	56:00.0	60:00.0			55:00.0								65:00.0	65:00.0	65:00.0	65:00.0			65:00.0								
HJ	1.90	1.90	1.85	1.75	1.60	1.40	1.90	1.60	1.50	1.48	1.41	1.33	1.26	1.20	1.55	1.55	1.55	1.52	1.45	1.33	1.40	1.31	1.25	1.17	1.10				
PV	3.70	3.70	3.30	3.00	2.50	2.00	3.70	3.00	2.90	2.75	2.50	2.35	2.20	2.05	2.50	2.50	2.50	2.50	2.00	2.00	2.00	1.85	1.71	1.60	1.50				
LJ	6.50	6.50	6.25	6.00	5.50	4.40	6.50	5.50	5.00	5.00	4.50	4.30	4.00	3.75	5.00	5.00	5.00	4.80	4.60	4.15	4.50	4.20	3.90	3.60	3.40				
TJ	13.00	13.00	12.75	12.50	11.50	9.00	13.00	11.00	10.50	10.00	9.50	8.75	8.00	7.50	10.00	10.00	10.00	9.50	8.50		9.50	8.70	8.00	7.50	6.75				
SP	12.00	12.00	11.50	12.00	11.00	8.50	12.00	11.00	10.00	10.00	9.50	9.00	8.00	8.00	10.00	10.00	10.00	9.00	9.00	7.50	10.00	9.00	7.75	7.75	6.75				
DT	35.00	35.00	35.00	34.00	30.00	21.00	35.00	33.00	30.00	30.00	30.00	30.00	27.50	25.00	30.00	30.00	30.00	27.00	23.00	20.00	30.00	27.00	25.00	20.00	18.00				
HT	40.00	40.00	40.00	37.00	33.00		40.00	35.00	32.00	30.00	28.00	27.50	25.00	25.00	30.00	30.00	30.00	27.00	25.00		30.00	25.00	23.00	25.00	22.00				
JT	50.00	50.00	45.00	45.00	40.00	30.00	50.00	40.00	35.00	30.00	30.00	30.00	27.50	25.00	30.00	30.00	30.00	27.00	25.00	20.00	25.00	23.00	20.00	20.00	17.00				
Pen	2200		2000	2000	2000	1600	2200	2000	1800	2000	1800	1800	1600	1600	2200	2200	2200	2000	1750	1600	1800	1600	1500	1500	1400				
Hep															3000	3000	3000	2700			2500	2200	2000	1500					
Oct				3000																									
Dec	4000	4000	3500				4000																						
DecU20M			4000																										
1M	4:30.0																												
5K	16:45	16:45	17:00	17:00	17:00	17:00	16:45	17:45	18:15	19:00	20:00	21:00	22:00	23:00	19:45	19:45	19:45	19:45	19:45	19:45	19:45	21:00	21:45	23:00	24:00	25:15	27:00	29:00	
5M	28:00	28:00	28:00	28:00	28:00	28:00	28:00	29:30	30:00	31:30	33:30	34:30	36:30	38:30	33:00	33:00	33:00				33:00	34:30	36:30	38:00	40:00	42:00	44:30	48:00	
10K	35:00	35:00	35:30	35:30	35:30	35:30	35:00	36:30	37:30	39:00	41:00	43:00	45:00	49:00	41:00	41:00	41:00	41:00	41:00	41:00	41:00	43:00	45:00	47:30	50:00	52:00	56:00	60:00	
10M	58:00	58:00	59:00				58:00	60:00	62:00	65:00	68:00	71:00	74:00	79:00	68:00	68:00	68:00				68:00	71:00	74:00	78:00	82:00	86:00	91:00	1:40:00	
HM	77:00	77:00	79:00	79:00	79:																								