

U15 Girls and Boys Athletics Standards

U15 Girls Athletics Standards.										
	Club Competition Standard	School Representation Standard	District and YDL Representation Standard	AAA National Standard Grade 4	English Schools AA County Standard	AAA National Standard Grade 3	AAA National Standard Grade 2	English Schools AA Entry Standard	AAA National Standard Grade 1	English Schools AA National Standard
100m	15.0	14.2	13.5	13.5	13.2	13.2	12.9	12.7	12.7	12.4
200m	31.0	30.0	28.0	28.0	27.2	27.2	26.7	26.2	26.3	25.5
300m	50.0	48.0	46.0	45.7	44.2	44.3	43.3	42.0	42.7	41.0
800m	2.50.0	2.50.0	2.33.0	2.30.6	2.26.0	2.25.5	2.22.5	2.18.0	2.19.8	2.15.0
1500m	6.00.0	5.55.0	5.20.0	5.15.0	5.03.0	5.02.5	4.56.0	4.48.0	4.49.4	4.40.0
75m Hurdles	15.5	14.1	13.5	13.4	12.5	12.6	12.2	11.7	11.9	11.4
4x100m		58.0	55.4		54.0			52.0		50.0
High Jump	1.20	1.30	1.40	1.41	1.45	1.49	1.54	1.59	1.57	1.65
Pole Vault	1.40	1.70	1.80	2.20	2.00	2.50	2.80	2.70	3.10	3.00
Long Jump	3.80	4.10	4.40	4.48	4.70	4.70	4.90	5.20	5.05	5.30
Shot - 3k	6.00	7.00	8.00	7.95	9.00	8.85	9.50	10.60	10.15	11.20
Discus	12.00	18.00	19.00	19.70	22.00	22.95	25.30	27.00	27.90	30.00
Hammer	12.00	20.00	21.00	24.05	25.00	31.60	39.20	37.00	44.60	43.00
Javelin - 500g	14.00	21.00	23.00	22.50	28.00	26.75	29.90	34.00	32.85	36.00
Pentathlon	1700	1700	1900	2100		2425	2675		2900	3100
60m Indoor	9.80	9.40	9.05	8.75		8.50	8.30		8.15	
60mH Indoor	12.00	11.50	11.00	10.20		9.75	9.55		9.40	
Ind. Pentath.	1600	1800	2000	2270		2650	2875		3120	

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100m	14.0	13.0	12.5	12.5	12.2	12.1	11.9	11.6	11.7	11.4
200m	30.0	27.0	25.6	25.6	24.8	24.8	24.3	23.8	24.0	23.2
300m	47.5	45.0	42.0	42.1	40.0	40.5	39.4	38.0	38.7	36.8
400m	67.0	63.0	61.0	59.0		57.0	56.0		55.0	
800m	2.40.0	2.27.0	2.20.0	2.18.0	2.13.0	2.13.0	2.10.0	2.05.0	2.06.5	2.02.0
1500m	5.45.0	5.05.0	4.50.0	4.46.5	4.36.00	4.36.0	4.27.5	4.20.0	4.21.5	4.13.0
80m Hurdles	16.0	15.0	13.8	13.4	12.9	12.7	12.2	12.0	11.9	11.6
4x100m		53.5	51.2		49.5			47.5		45.6
High Jump	1.30	1.45	1.50	1.55	1.60	1.60	1.67	1.72	1.72	1.78
Pole Vault	1.60	2.00	2.10	2.40	2.30	2.85	3.20	3.00	3.45	3.30
Long Jump	4.00	4.70	5.00	5.00	5.30	5.30	5.55	5.80	5.75	5.95
Triple Jump	8.50	9.25	10.00	10.45	11.00	11.10	11.50	12.00	11.80	12.40
Shot - 4kg	8.00	9.00	9.50	10.10	10.50	11.10	11.80	12.30	12.45	13.30
Discus	15.00	20.00	23.00	25.50	28.00	28.95	32.30	35.00	35.20	38.00
Hammer	15.00	21.00	24.00	27.15	27.00	33.85	41.25	38.00	47.20	45.00
Javelin	17.00	28.00	30.00	32.60	35.00	37.25	40.85	44.00	44.35	47.00
Pentathlon	1300	1500	1700	1895		2155	2345		2625	2800
60m Indoor	9.50	9.00	8.50	8.30		7.95	7.75		7.60	

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