

## SYDNEY EAST ATHLETICS STANDARDS 2024

	<b>BOYS</b>					
<b>EVENT</b>	<b>17 +</b>	<b>16</b>	<b>15</b>	<b>14</b>	<b>13</b>	<b>12</b>
100	11.32	11.81	12.08	12.91	12.88	14.03
200	23.68	25.11	25.07	25.50	27.06	29.05
400	55.27	55.50	57.59	58.64	N/E	N/E
800	2:08.65	2:18.02	2:21.03	2:22.25	2:28.08	2:47.0
1500	4.41.49	4:44.93	4:52.45	4:53.06	N/E	N/E
3000	9:48.18	N/E	11:15.87	N/E	N/E	N/E
80M HURD	N/E	N/E	N/E	N/E	N/E	18.86
90M HURD	N/E	N/E	N/E	N/E	18.17	N/E
100M HURD	N/E	N/E	18.98	20.70	N/E	N/E
110M HURD	18.32	20.33	N/E	N/E	N/E	N/E
200M HURD	N/E	N/E	N/E	N/E	N/E	N/E
400M HURD	N/E	N/E	N/E	N/E	N/E	N/E
2000M ST	N/E	N/E	N/E	N/E	N/E	N/E
4x100 RELAY	47.55	49.31	52.39	53.35	55.35	60.71
LONG JUMP	5.40	5.72	4.82	4.86	4.79	3.97
TRIPLE JUMP	11.70	10.19	9.71	N/E	N/E	N/E
HIGH JUMP	1.80	1.60	1.60	1.50	1.40	1.30
SHOT PUT	12.48	9.90	10.86	9.69	10.06	7.98
DISCUS	35.57	27.39	31.71	28.47	24.33	20.87
JAVELIN	36.73	29.08	27.73	26.06	20.34	N/E
1500M WK	N/E	N/E	9:53.85	N/E	N/E	N/E
3000M WK	24:04.62	N/E	N/E	N/E	N/E	N/E
	<b>GIRLS</b>					
<b>EVENT</b>	<b>17+</b>	<b>16</b>	<b>15</b>	<b>14</b>	<b>13</b>	<b>12</b>
100	13.42	13.32	13.12	13.96	13.75	14.31
200	28.01	27.17	27.47	29.20	27.90	30.04
400	1:08.68	1:03.03	1:06.98	1:08.78	N/E	N/E
800	2:49.47	2:50.8	2:50.03	2:47.43	2:44.03	2:55.52
1500	5.53.39	6:00.46	5:27.63	5:27.83	N/E	N/E
3000	11:25.25	N/E	N/E	14:16.00	N/E	N/E
80M HURD	N/E	N/E	N/E	N/E	15.07	14.44
90M HURD	N/E	N/E	17.41	14.88	N/E	N/E
100M HURD	17.29	16.59	N/E	N/E	N/E	N/E
200M HURD	N/E	N/E	N/E	N/E	N/E	N/E
400M HURD	N/E	N/E	N/E	N/E	N/E	N/E
2000M ST	N/E	N/E	N/E	N/E	N/E	N/E
4x100 RELAY	55.53	56.69	56.20	57.59	57.44	60.87
LONG JUMP	4.06	4.00	4.26	4.26	4.35	3.66
TRIPLE JUMP	7.59	7.96	8.44	N/E	N/E	N/E
HIGH JUMP	1.40	1.35	1.35	1.35	1.35	1.20
SHOT PUT	9.51	8.68	7.81	8.45	7.70	6.50
DISCUS	27.57	19.03	19.26	20.37	18.62	17.24
JAVELIN	25.33	18.16	17.25	17.34	21.44	N/E
1500M WK	N/E	N/E	9:53.25	N/E	N/E	N/E
3000M WK	20:29.13	N/E	N/E	N/E	N/E	N/E

**Qualifying is taken from 2023 Championships 5th placed finalist.**

N/E :- NO EVENT  
STANDARDS AS August 7/8/23