

Current Standards

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These are the standards for the 2017 season and will become obsolete after the 2017 Championships. Standards are subject to change every year - you need to check the current year's standards.

Key to each column

- **NS** - National Standard : performance level for which Standard Badges are awarded at the National Championships.
- **ES** - Entry Standard : the minimum performance level normally required to be selected for a County Team for the National Championships.
- **CS** - County Standard : a good level of performance at a County Championship meeting.

Notes

- Changes since 2016 are **shown in red type**

The Entry Standard is NOT a 'qualifying standard', reaching this standard does not imply any automatic right to be selected for a County team.

Age group	Event	NS	ES	CS
JB	100m	11.40	11.70	12.30
JB	200m	23.30	24.00	25.30
JB	300m	36.80	38.00	40.00
JB	800m	2:02.00	2:05.00	2:13.00
JB	1500m	4:13.00	4:22.00	4:36.00
JB	80m Hurdles	11.60	12.00	12.90
JB	4x100m relay	45.60	47.50	49.40
JB	High Jump	1.78	1.72	1.60
JB	Long Jump	5.95	5.75	5.45
JB	Triple Jump	12.40	12.00	11.45
JB	Pole Vault	3.35	3.05	2.55
JB	Shot	13.30	12.30	11.20
JB	Discus	38.00	34.00	30.50
JB	Javelin	46.00	43.00	39.00
JB	Hammer	45.00	38.00	31.00
IB	100m	11.00	11.20	11.70
IB	200m	22.20	22.80	24.00
IB	400m	49.50	51.10	53.40
IB	800m	1:56.00	1:58.00	2:05.00
IB	1500m	4:03.00	4:07.00	4:20.00
IB	3000m	8:50.00	8:59.00	9:30.00
IB	100m Hurdles	13.50	14.00	15.00

IB	400m Hurdles	56.20	58.00	60.50
IB	1500m S/C	4:30.00	4:36.00	4:58.00
IB	4x100m relay	43.60	45.00	46.60
IB	High Jump	1.98	1.92	1.75
IB	Long Jump	6.60	6.40	6.00
IB	Triple Jump	13.70	13.20	12.50
IB	Pole Vault	4.20	3.90	3.10
IB	Shot	14.20	13.20	11.90
IB	Discus	44.00	41.00	34.00
IB	Javelin	54.00	52.00	45.00
IB	Hammer	56.00	50.00	37.00
SB	100m	10.90	11.10	11.50
SB	200m	21.90	22.20	23.30
SB	400m	48.80	49.50	52.50
SB	800m	1:52.00	1:54.00	2:02.00
SB	1500m	3:55.00	3:58.00	4:15.00
SB	3000m	8:33.00	8:36.00	9:20.00
SB	110m Hurdles	14.60	15.20	16.20
SB	400m Hurdles	55.00	56.50	59.50
SB	2000m S/C	6:04.00	6:10.00	6:30.00
SB	4x100m relay	43.50	44.50	45.30
SB	High Jump	2.00	1.94	1.83
SB	Long Jump	6.90	6.80	6.25
SB	Triple Jump	14.40	13.90	12.85
SB	Pole Vault	4.50	4.20	3.30
SB	Shot	14.00	13.00	11.50
SB	Discus	46.00	40.00	34.00
SB	Javelin	56.00	52.00	46.00
SB	Hammer	57.00	52.00	39.00
JG	100m	12.50	12.80	13.30
JG	200m	25.50	26.30	27.60
JG	800m	2:15.00	2:19.00	2:29.00
JG	1500m	4:40.00	4:50.00	5:10.00
JG	75m Hurdles	11.40	11.70	12.80
JG	4x100m Relay	50.00	52.00	53.40
JG	High Jump	1.63	1.57	1.45
JG	Long Jump	5.20	5.05	4.65
JG	Pole Vault	3.05	2.75	2.50
JG	Shot	11.20	10.60	9.25
JG	Discus	30.00	27.00	23.00
JG	Javelin	36.00	34.00	27.50
JG	Hammer	44.00	36.00	30.00
IG	100m	12.30	12.60	13.00
IG	200m	25.20	26.00	27.00
IG	300m	40.30	41.20	44.80
IG	800m	2:13.00	2:16.00	2:25.00
IG	1500m	4:39.00	4:45.00	5:04.00
IG	3000m	10:10.00	10:22.00	10:50.00
IG	80m Hurdles	11.70	12.00	13.00
IG	300m Hurdles	45.00	46.60	50.00
IG	1500m S/C	5:13.00	5:23.00	5:50.00
IG	4x100m Relay	48.20	50.20	52.40

IG	High Jump	1.68	1.62	1.52
IG	Long Jump	5.50	5.25	4.80
IG	Triple Jump	11.20	10.90	10.00
IG	Pole Vault	3.40	3.10	2.80
IG	Shot	12.80	11.40	10.00
IG	Discus	36.00	33.00	27.00
IG	Javelin	40.00	37.00	33.00
IG	Hammer	53.00	47.00	36.00
SG	100m	12.20	12.50	13.00
SG	200m	25.00	25.80	26.50
SG	400m	57.00	58.80	61.00
SG	800m	2:12.00	2:15.00	2:25.00
SG	1500m	4:36.00	4:44.00	5:00.00
SG	3000m	10:06.00	10:18.00	10:48.00
SG	100m Hurdles	14.60	15.20	16.50
SG	400m Hurdles	64.50	66.00	69.50
SG	1500m S/C	5:10.00	5:18.00	5:45.00
SG	4x100m Relay	49.00	50.00	52.00
SG	High Jump	1.72	1.66	1.55
SG	Pole Vault	3.40	3.10	2.80
SG	Long Jump	5.60	5.40	4.85
SG	Triple Jump	11.40	11.10	9.50
SG	Shot	11.40	10.50	8.85
SG	Discus	39.00	36.00	29.00
SG	Javelin	40.00	37.00	32.00
SG	Hammer	46.00	41.00	31.00

Combined Event Standards

Age group	NS
Junior Boys Pentathlon	2800 pts
Intermediate Boys Octathlon	4800 pts
Senior Boys Decathlon	6000 pts
Junior Girls Pentathlon	3100 pts
Intermediate Girls Heptathlon	4600 pts
Senior Girls Heptathlon	4350 pts

Race Walk Standards

Age group	NS
Junior Boys 3000m	15m30s
Intermediate Boys 5000m	26m00s
Senior Boys 5000m	25m00s
Junior Girls 3000m	16m30s
Intermediate Girls 3000m	16m00s
Senior Girls 5000m	27m30s