**Standard Tables 2022**

**E.S.A.A. National Standards** are those performance levels for which standard badges may be purchased at the National Championships.

**Entry Standards** are the minimum performance levels normally required for an athlete to be selected for a County Team for the National Championships.

**County Standards** correspond to a good standard of performance by an athlete competing in a County Championship meeting.

**District Standard** corresponds to a good standard of performance by an athlete competing at a District Championship meeting. These may need amendment to suit the variations in type of District Championship staged.

**School Standard** corresponds to a good standard of performance by an athlete competing at a School Championship meeting. Except for Year 7 and 8 tables - the age groups, events and event specifications are as set out in the Track and Field Competition Rules.

**Years 7 and 8**

The variety of events and specifications is offered in order to cater for the intense athletic interest and for the rapid physical changes which take place at this stage.

It is stressed that success in the initial teaching of athletics stems from the understanding that the physical challenge to the pupil should not exceed that which can be comfortably handled. All children, therefore, should be started with light implements and low hurdles, and be allowed to progress as appropriate to themselves.

This will almost certainly create some problems of organisation at school level, but these are NOT insurmountable.

The Standards shown for younger age groups and for School and District level are being re-worked to match the Awards Scheme.

**Hurdle Specifications as used in Year 7 and 8 Tables**

70 metres: Eight flights at 68cm or 76cm high; 11 metre approach, then 7 metre interval between flights and a 10 metre run-in to the finish.

75 metres: Eight flights at 68cm or 76cm high; 11.5 metre approach, then 7.5 metre interval between flights and an 11 metre run-in to the finish.

80 metres: Eight flights at 76cm; 12 metre approach, then 8 metre interval between flights and a 12 metre run-in to the finish

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| **Junior Group U15 years (Year 9)** |
| **BOYS** | **National** | **Entry** | **County** | **District** | **School** |
| 100 metres | 11.4s | 11.6s | 12.2s | 12.5s | 13.0s |
| 200 metres | 23.2s | 23.8s | 24.8s | 25.6s | 27.0s |
| 300 metres | 36.8s | 38.0s | 40.0s | 42.0s | 45.0s |
| 800 metres | 2m 02s | 2m 05s | 2m 13s | 2m 20s | 2m 27s |
| 1500 metres | 4m 13s | 4m 20s | 4m 36s | 4m 50s | 5m 05s |
| 80m Hurdles | 11.6s | 12.0s | 12.8s | 13.8s | 15.0s |
| Relay | 45.6s | 47.5s | 49.5s | 51.2s | 53.5s |
| High Jump | 1.78m | 1.72m | 1.60m | 1.50m | 1.45m |
| Pole Vault | 3.30m | 3.00m | 2.30m | 2.10m | 2.00m |
| Long Jump | 5.95m | 5.80m | 5.30m | 5.00m | 4.70m |
| Triple Jump | 12.40m | 12.00m | 11.00m | 10.00m | 9.25m |
| Shot | 13.30m | 12.30m | 10.50m | 9.50m | 9.00m |
| Discus | 38.00m | 35.00m | 28.00m | 24.00m | 20.00m |
| Javelin | 47.00m | 44.00m | 35.00m | 30.00m | 28.00m |
| Hammer | 45.00m | 38.00m | 27.00m | 24.00m  | 21.00m |
| Pentathlon | 2800 pts |  |  |  |  |
| 3000m Walk | 15m 30s |  |  |  |  |
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| **GIRLS** |  |  |  |  |  |
| 100 metres | 12.4s | 12.7s | 13.2s | 13.5s | 14.2s |
| 200 metres | 25.5s | 26.2s | 27.2s | 28.0s | 30.0s |
| 300 metres | 41.0s | 42.0s | 44.2s | 46.0s | 48.0s |
| 800 metres | 2m 15s | 2m 18s | 2m 26s | 2m 33s | 2m 50s |
| 1500 metres | 4m 40s | 4m 48s | 5m 03s | 5m 20s | 5m 55s |
| 75m Hurdles | 11.4s | 11.7s | 12.5s | 13.5s | 14.1s |
| Relay | 50.0s | 52.0s | 54.0s | 55.4s | 58.0s |
| High Jump | 1.65m | 1.59m | 1.45m | 1.40m | 1.30m |
| Pole Vault | 3.00m | 2.70m | 2.00m | 1.80m | 1.70m |
| Long Jump | 5.30m | 5.20m | 4.70m  | 4.40m | 4.10m |
| Shot | 11.20m | 10.60m | 9.00m | 8.00m | 7.00m |
| Discus | 30.00m | 27.00m | 22.00m | 19.00m | 18.00m |
| Javelin | 36.00m | 34.00m | 28.00m | 23.00m | 21.00m |
| Hammer | 43.00m | 37.00m | 25.00m | 21.00m | 20.00m |
| Pentathlon | 3100 pts |  |  |  |  |
| 3000m Walk | 16m 30s |  |  |  |  |

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| **Intermediate Group U17 years (Years 10 & 11)** |
| **BOYS** | **National** | **Entry** | **County** | **District** | **School** |
| 100 metres | 11.0s | 11.2s | 11.7s | 12.0s | 12.3s |
| 200 metres | 22.2s | 22.7s | 23.7s | 24.4s | 26.0s |
| 400 metres | 49.7s | 51.1s | 53.5s | 55.5s | 59.0s |
| 800 metres | 1m 55s | 1m 57s | 2m 05s | 2m 10s | 2m 20s |
| 1500 metres | 4m 03s | 4m 06s | 4m 20s | 4m 30s | 4m 55s |
| 3000 metres | 8m 50s | 8m 56s | 9m 35s | 10m 00s | 10.45s |
| 100m Hurdles | 13.5s | 14.0s | 15.2s | 16.0s | 17.0s |
| 400m Hurdles | 56.5s | 58.7s | 64.0s | 68.0s | 72.0s |
| 1500m Steeplechase | 4m 32s | 4m 40s | 5m 05s | 5m 20s | 5m 55s |
| Relay | 43.6s | 45.0s | 47.0s | 48.0s | 50.0s |
| High Jump | 1.94m | 1.88m | 1.70m | 1.60m | 1.50m |
| Pole Vault | 4.20m | 3.90m | 2.80m | 2.20m | 2.00m |
| Long Jump | 6.80m | 6.40m | 5.80m | 5.50m | 5.30m |
| Triple Jump | 13.70m | 13.20m | 12.00m | 11.00m | 10.50m |
| Shot | 14.20m | 13.20m | 11.00m | 10.00m | 9.50m |
| Discus | 44.00m | 41.00m | 33.00m | 26.00m | 24.00m |
| Javelin | 54.00m | 52.00m | 40.00m | 33.00m | 30.00m |
| Hammer | 56.00m | 49.00m | 30.00m | 24.00m | 20.00m |
| Octathlon | 4800 pts |  |  |  |  |
| 5000m Walk | 26m 00s |  |  |  |  |
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| **GIRLS** |  |  |  |  |  |
| 100 metres | 12.2s | 12.5s | 13.0s | 13.4s | 14.1s |
| 200 metres | 25.1s | 25.8s | 26.8s | 27.5s | 29.5s |
| 300 metres | 40.2s | 41.2s | 43.5s | 45.5s | 50.0s |
| 800 metres | 2m 13s | 2m 16s | 2m 25s | 2m 32s | 2m 47s |
| 1500 metres | 4m 39s | 4m 45s | 5m 00s | 5m 15s | 5m 50s |
| 3000 metres | 10m 10s | 10m 20s | 11m 10s | 12m 00s | 12m 20s |
| 80m Hurdles | 11.6s | 12.0s | 13.0s | 14.0s | 15.0s |
| 300m Hurdles | 45.0s | 46.4s | 51.0s | 54.0s | 60.0s |
| 1500m Steeplechase | 5m 13s | 5m 23s | 5m 50s | 6m 15s | 6m 30s |
| Relay | 48.2s | 50.2s | 52.5s | 54.2s | 57.0s |
| High Jump | 1.71m | 1.65m | 1.50m | 1.45m | 1.35m |
| Pole Vault | 3.40m | 3.10m | 2.20m | 1.90m | 1.80m |
| Long Jump | 5.55m | 5.40m | 4.90m | 4.60m | 4.20m |
| Triple Jump | 11.30m | 10.90m | 10.00m | 9.00m | 8.60m |
| Shot | 12.70m | 11.60m | 10.00m | 8.70m | 7.75m |
| Discus | 37.00m | 33.00m | 26.00m | 21.00m | 20.00m |
| Javelin | 41.00m | 38.00m | 30.00m | 25.00m | 23.00m |
| Hammer | 53.00m | 48.00m | 34.00m | 23.00m | 20.00m |
| Heptathlon | 4700 pts |  |  |  |  |
| 3000m Walk | 16m 00s |  |  |  |  |

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| **Senior Group U19 years (Years 12 & 13)** |
| **BOYS** | **National** | **Entry** | **County** | **District** |
| 100 metres | 10.8s | 11.0s | 11.5s | 12.0s |
| 200 metres | 21.9s | 22.2s | 23.4s | 24.4s |
| 400 metres | 48.8s | 49.7s | 53.0s | 55.5s |
| 800 metres | 1m 52s | 1m 54s | 2m 02s | 2m 10s |
| 1500 metres | 3m 55s | 3m 58s | 4m 15s | 4m 30s |
| 3000 metres | 8m 33s | 8m 36s | 9m 20s | 10m 00s |
| 110m Hurdles | 14.6s | 15.3s | 17.5s | 18.5s |
| 400m Hurdles | 55.0s | 57.5s | 64.0s | 68.0s |
| 2000m Steeplechase | 6m 08s | 6m 18s | 6m 50s | 7m 15s |
| Relay | 43.5s | 44.5s | 46.5s | 47.2s |
| High Jump | 2.01m | 1.95m | 1.70m | 1.60m |
| Pole Vault | 4.50m | 4.20m | 2.80m | 2.20m |
| Long Jump | 6.80m | 6.70m | 5.80m | 5.50m |
| Triple Jump | 14.20m | 13.50m | 12.00m  | 11..00m |
| Shot | 13.70m | 12.80m | 10.50m | 9.50m |
| Discus | 46.00m | 40.00m | 30.00m | 24.00m |
| Javelin | 56.00m | 52.00m | 38.00m | 32.00m |
| Hammer | 58.00m | 50.00m | 28.00m | 22.00m |
| Decathlon | 6000 pts |  |  |  |
| 5000m Walk | 25m 00s |  |  |  |
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| **GIRLS** |  |  |  |  |
| 100 metres | 12.1s | 12.4s | 13.0s | 13.4s |
| 200 metres | 25.1s | 25.7s | 26.8s | 27.5s |
| 400 metres | 57.0s | 58.3s | 62.0s | 65.0s |
| 800 metres | 2m 12s | 2m 16s | 2m 25s | 2m 32s |
| 1500 metres | 4m 36s | 4m 42s | 5m 00s | 5m 15s |
| 3000 metres | 10m 06s | 10m 16s | 11m 10s | 12m 00s |
| 100m Hurdles | 14.6s | 15.3s | 17.5s | 18.5s |
| 400m Hurdles | 64.0s | 65.5s | 73.0s | 76.0s |
| 1500m Steeplechase | 5m 10s | 5m 17s | 6m 00s | 6m 15s |
| Relay | 49.0s | 50.0s | 52.5s | 54.0s |
| High Jump | 1.72m | 1.66m | 1.50m | 1.45m |
| Pole Vault | 3.50m | 3.20m | 2.20m | 1.90m |
| Long Jump | 5.60m | 5.40m | 4.90m | 4.60m |
| Triple Jump | 11.40m | 11.10m | 10.00m | 9.00m |
| Shot | 11.40m | 10.50m | 9.00m | 7.50m |
| Discus | 39.00m | 36.00m | 26.00m | 21.00m |
| Javelin | 40.00m | 37.00m | 28.00m | 23.00m |
| Hammer | 47.00m | 43.00m | 30.00m | 22.00m |
| Heptathlon | 4350 pts |  |  |  |
| 5000m Walk | 27m 30s |  |  |  |