

Appendix B – Espoir U23 Outdoor

Espoir Men – Outdoor Events					Espoir Women – Outdoor Events				
	Elite	HP	Perf	Dev		Elite	HP	Perf	Dev
100m	10.51	10.78	10.97	11.17	100m	11.86	12.30	12.59	12.90
200m	21.26	21.87	22.29	22.72	200m	24.34	25.25	25.88	26.51
400m	47.13	48.49	49.42	50.40	400m	55.47	57.79	59.39	1:01.04
800m	1:49.90	1:52.98	1:55.10	1:57.29	800m	2:08.11	2:13.27	2:16.91	2:20.59
1500m	3:44.91	3:51.74	3:56.47	4:01.26	1500m	4:22.08	4:33.87	4:42.13	4:50.52
5000m	13:57.62	14:23.27	14:41.02	14:59.35	5000m	16:24.73	17:11.78	17:44.73	18:18.76
10,000m	29:15.49	30:14.91	30:56.29	31:38.28	10,000m	34:27.50	36:10.53	37:21.83	38:36.80
110m H	14.10	14.60	14.94	15.30	100m H	13.87	14.55	15.03	15.52
400m H	51.77	53.63	54.92	56.25	400m H	59.99	1:03.00	1:05.04	1:07.18
3000m SC	8:56.25	9:16.80	9:31.02	9:45.98	3000m SC	10:32.80	11:10.22	11:35.82	12:02.72
10K RR	---	30:20	31:22	31:43	10K RR	---	36:30	37:41	38:55
Half Mar	---	1:07:01	1:08:34	1:10:10	Half Mar	---	1:19:10	1:21:49	1:24:34
Marathon	2:19:24	2:24:31	2:28:05	2:31:47	Marathon	2:41:40	2:50:57	2:57:25	3:04:06
20km RW	1:28:00	1:32:46	1:36:05	1:39:29	10km RW	---	51:59	54:18	56:39
50km RW	4:14:13	4:29:45	4:40:33	4:51:43	20km RW	1:40:17	1:47:04	1:51:48	1:56:35
High Jump	2.16	2.06	2.00	1.93	High Jump	1.82	1.73	1.67	1.61
Long Jump	7.61	7.20	6.93	6.66	Long Jump	6.17	5.78	5.51	5.24
Triple Jump	15.77	14.95	14.40	13.85	Triple Jump	13.04	12.20	11.64	11.07
Pole Vault	5.27	4.94	4.72	4.50	Pole Vault	4.14	3.87	3.69	3.51
Shot Put	18.57	17.13	16.15	15.17	Shot Put	16.03	14.74	13.88	11.07
Discus	58.71	53.96	50.85	47.68	Discus	55.07	50.60	47.66	44.65
Hammer	69.52	63.93	60.18	56.42	Hammer	64.08	58.93	55.45	52.02
Javelin	74.92	68.88	64.83	60.84	Javelin	56.00	51.47	48.44	45.39
Decathlon	7357	6797	6420	6041	Heptathlon	5630	5197	4907	4621

Note: Men’s event specifications used for standards are 110mH @107cm, 400mH @91cm, 3000mSC @91cm, SP @7.62kg, DT @2kg, HT @7.62kg, JT @800g, and Dec the same as these individual events.

Note: Women’s event specifications used for standards are 100mH @84cm, 400mH @76cm, 3000mSC @76cm, SP @4kg, DT @1kg, HT @4kg, JT @600g, and Hept the same as these individual events.