

Appendix D – Youth Outdoor

Youth Boys – Outdoor Events				Youth Girls – Outdoor Events			
	HP	Perf	Dev		HP	Perf	Dev
100m	11.05	11.34	11.67	100m	12.54	12.74	13.28
200m	22.59	22.95	23.66	200m	25.85	26.12	27.22
400m	50.21	51.32	52.90	400m	58.57	59.59	1:02.49
800m	1:56.21	1:57.76	2:01.44	800m	2:16.97	2:20.26	2:26.58
1500m	4:02.72	4:05.78	4:13.69	1500m	4:40.69	4:51.87	5:05.95
3000m	8:52.22	9:01.74	9:18.89	3000m	10:05.61	10:40.43	11:12.68
110m H	14.49	15.44	16.03	100m H	14.75	15.39	16.23
400m H	56.04	59.74	1:01.80	400m H	1:04.20	1:07.68	1:11.24
2000m SC	6:12.42	6:31.22	6:46.57	2000m SC	7:25.38	7:45.00	8:08.70
3000m RW	---	15:33	16:20	3000m RW	---	18:11	19:16
10km RW	48:47	53:40	56:14	5000m RW	26:16	30:56	32:44
High Jump	2.01	1.81	1.71	High Jump	1.72	1.54	1.45
Long Jump	7.03	6.19	5.79	Long Jump	5.65	4.96	4.55
Triple Jump	14.35	12.63	11.86	Triple Jump	11.80	10.39	9.55
Pole Vault	4.49	3.58	3.32	Pole Vault	3.66	2.91	2.67
Shot Put	17.16	13.86	12.44	Shot Put	14.27	10.81	9.66
Discus	52.38	41.60	37.15	Discus	40.88	34.14	30.46
Hammer	63.73	45.83	40.92	Hammer	57.06	43.54	38.91
Javelin	61.84	47.98	42.89	Javelin	45.67	35.69	31.91
Decathlon	6201	4722	4246	Heptathlon	4673	4002	3600

Note: Boy’s event specifications used for standards are 110mH @91cm, 400mH @84cm, 3000mSC @84cm, SP @5kg, DT @1.5kg, HT @5kg, JT @700g, and Dec the same as these individual events.

Note: Girl’s event specifications used for standards are 100mH @76cm, 400mH @76cm, 3000mSC @76cm, SP @3kg, DT @1kg, HT @3kg, JT @500g, and Hept the same as these individual events.