

## WOMENS

Event	TRACK	100m	200m	400m	800m	1500m	5000m	10,000m
U/23		11.89	23.9	53.9	02:05.0	04:18.4	16:05.0	33:58.0
U/20		12.05	24.2	54.7	02:07.8	04:23.4	16:25.0	34:31.8
U/18		12.25	24.80	55.5	02:10.0	04:28.0	9:35 (3k)	NA

Event	TRACK	100/110m H	400m H	3000m St	Marathon / Half	10,000m Walk	20km Walk
U/23		13.60	57.10	10:14.5	2:46:00 / 1:13:0 (H)	47:30.0	1:37:00
U/20		13.90	59.40	10:26.4	(H) 1:15:38	48:20.0	1:39:00
U/18		14.14	61.30	10:44.1	NA	24:00.0 (5k)	N/A

Event	JUMPS	Long	Triple	High	Pole Vault
U/23		6.15	13.00	1.84	4.10
U/20		6.00	12.75	1.79	3.80
U/18		5.85	12.15	1.75	3.75

Event	THROWS	Discus	Shot	Jav	Hammer	Dec/Heptathlon
U/23		57	15.00	55.00	63.00	5700
U/20		51	14.00(4kg)	47.50 (600g)	55.00 (4kg)	5500
U/18		45	15.00 (3kg)	47.50 (500g)	55.00 (3kg)	N/A

## MENS

Event	TRACK	100m	200m	400m	800m	1500m	5000m	10,000m
<b>U/23</b>		<b>10.67</b>	<b>21.54</b>	<b>46.55</b>	<b>01:48.5</b>	<b>03:46.0</b>	<b>14:05.7</b>	<b>29:24.8</b>
<b>U/20</b>		<b>10.8</b>	<b>21.95</b>	<b>48.61</b>	<b>01:51.0</b>	<b>03:48.5</b>	<b>14:20.0</b>	<b>29:58.8</b>
<b>U/18</b>		<b>11.05</b>	<b>22.57</b>	<b>49.99</b>	<b>01:53.0</b>	<b>03:51.5</b>	<b>8:25 (3k)</b>	<b>N/A</b>

Event	TRACK	100/110m H	400m H	3000m St	Marathon / Half	10,000m Walk	20km Walk
<b>U/23</b>		<b>13.98</b>	<b>49.90</b>	<b>08:53.7</b>	<b>2:23:55 / 1:07:00 (H)</b>	<b>43:00.0</b>	<b>1:28:00</b>
<b>U/20</b>		<b>14.05</b>	<b>52.30</b>	<b>09:03.9</b>	<b>(H) 1:08:57</b>	<b>44:00.0</b>	<b>1:30:00</b>
<b>U/18</b>		<b>14.51 (0.99)</b>	<b>55.40</b>	<b>09:19.3</b>	<b>N/A</b>	<b>22:00.0 (5k)</b>	<b>N/A</b>

Event	JUMPS	Long	Triple	High	Pole Vault
<b>U/23</b>		<b>7.74</b>	<b>16.06</b>	<b>2.18</b>	<b>5.45</b>
<b>U/20</b>		<b>7.58</b>	<b>15.72</b>	<b>2.13</b>	<b>5.15</b>
<b>U/18</b>		<b>7.34</b>	<b>15.21</b>	<b>2.08</b>	<b>5.00</b>

Event	THROWS	Discus	Shot	Jav	Hammer	Dec/Heptathlon
<b>U/23</b>		<b>57 (2kg)</b>	<b>18.50 (7.26kg)</b>	<b>74.50 (800g)</b>	<b>68.50 (7.26kg)</b>	<b>7500</b>
<b>U/20</b>		<b>53 (1.75kg)</b>	<b>18.50 (6kg)</b>	<b>72.80 (800g)</b>	<b>66.50 (6kg)</b>	<b>7400</b>
<b>U/18</b>		<b>50 (1.5kg)</b>	<b>17.5 (5kg)</b>	<b>70 (700g)</b>	<b>65 (5kg)</b>	<b>N/A</b>