**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.

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| **Junior Group U15 years (Year 9) ESAA Champs Year 8 and 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 |  |  |  |