

YDL STANDARDS 2015

	U17W	U20W	U17M	U20M
100m	13.83	13.83	12.48	12.16
200m	28.60	28.28	25.48	24.75
300m	47.32			
400m		67.60	57.72	56.16
800m	2:36.00	2:32.88	2:15.20	2:11.04
1500m	5:27.60	5:19.28	4:46.00	4:35.60
3000m	12:28.80	12:13.20	10:24.00	10:03.20
80mH	14.24			
100mH		18.72	16.64	
110mH				16.64
300mH	54.08			
400mH		78.00	67.60	66.56
1500 S/C	7:16.80	7:16.80	5:22.40	
2000 S/C				7:48.00
High Jump	1.40m	1.45m	1.59m	1.64m
Pole Vault	2.22m	2.22m	2.55m	2.70m
Long Jump	4.43m	4.48m	5.20m	5.49m
Triple Jump	8.66m	8.90m	10.58m	11.06m
Shot Put	8.18m	7.31m	9.62m	9.62m
Discus	20.20m	22.12m	24.04m	24.04m
Hammer	21.16m	22.12m	23.08m	24.04m
Javelin	24.04m	24.04m	33.66m	33.66m

Athletes should have attained an entry standard in at least one event in the previous 12 months. Athletes are also required to attend club training sessions regularly.