



YDL STANDARDS 2016

| | U17W | U20W | U17M | U20M |
|-------------|----------|----------|----------|---------|
| 100m | 13.30 | 13.30 | 12.00 | 11.70 |
| 200m | 27.50 | 27.20 | 24.50 | 23.80 |
| 300m | 45.50 | | | |
| 400m | | 65.00 | 55.50 | 54.00 |
| 800m | 2:30.00 | 2:27.00 | 2:10.00 | 2:06.00 |
| 1500m | 5:15.00 | 5:07.00 | 4:35.00 | 4:25.00 |
| 3000m | 12:00.00 | 11:45.00 | 10:00.00 | 9:40.00 |
| 80mH | 13.70 | | | |
| 100mH | | 18.00 | 16.00 | |
| 110mH | | | | 18.50 |
| 300mH | 52.00 | | | |
| 400mH | | 75.00 | 65.00 | 64.00 |
| 1500 S/C | 7:00.00 | 7:00.00 | 5:10.00 | |
| 2000 S/C | | | | 7:30.00 |
| High Jump | 1.45m | 1.50m | 1.65m | 1.70m |
| Pole Vault | 2.30m | 2.30m | 2.65m | 2.80m |
| Long Jump | 4.60m | 4.65m | 5.40m | 5.70m |
| Triple Jump | 9.00m | 9.25m | 11.00m | 11.50m |
| Shot Put | 8.50m | 7.60m | 10.00m | 10.00m |
| Discus | 21.00m | 23.00m | 25.00m | 25.00m |
| Hammer | 22.00m | 23.00m | 24.00m | 25.00m |
| Javelin | 25.00m | 25.00m | 35.00m | 35.00m |

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.