

# LIVINGSTON ATHLETIC CLUB

power of 10<sup>↑</sup>



BRITISH  
ATHLETICS

## Entry Standards

	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

[www.livingstonac.com](http://www.livingstonac.com)