

# YDL STANDARDS

	U17W	U20W	U17M	U20M
<b>100m</b>	13.30	13.30	12.00	11.70
<b>200m</b>	27.50	27.20	24.50	23.80
<b>300m</b>	45.50			
<b>400m</b>		65.00	55.50	54.00
<b>800m</b>	2:30.00	2:27.00	2:10.00	2:06.00
<b>1500m</b>	5:15.00	5:07.00	4:35.00	4:25.00
<b>3000m</b>	12:00.00	11:45.00	10:00.00	9:40.00
<b>80mH</b>	13.70			
<b>100mH</b>		18.00	16.00	
<b>110mH</b>				18.50
<b>300mH</b>	52.00			
<b>400mH</b>		75.00	65.00	64.00
<b>1500 S/C</b>	7:00.00	7:00.00	5:10.00	
<b>2000 S/C</b>				7:30.00
<b>High Jump</b>	1.45m	1.50m	1.65m	1.70m
<b>Pole Vault</b>	2.30m	2.30m	2.65m	2.80m
<b>Long Jump</b>	4.60m	4.65m	5.40m	5.70m
<b>Triple Jump</b>	9.00m	9.25m	11.00m	11.50m
<b>Shot Put</b>	7.25m	7.60m	10.00m	10.00m
<b>Discus</b>	21.00m	23.00m	25.00m	25.00m
<b>Hammer</b>	19.00m	23.00m	24.00m	25.00m
<b>Javelin</b>	23.00m	25.00m	35.00m	35.00m