

Standards for Athletics (Division III) 2011/2012

Event	Boys			Girls		
	A Grade	B Grade	C Grade	A Grade	B Grade	C Grade
100m	12.80	13.30	14.10	15.50	16.00	16.10
200m	26.50	27.00	29.50	33.00	33.00	34.00
400m	1:02.00	1:06.00	1:12.00	1:20.00	1:23.00	1:25.00
800m	2:34.00	2:40.00	2:50.00	3:18.00	3:19.00	3:21.00
1500m	5:30.00	5:35.00	5:55.00	7:10.00	7:10.00	7:10.00
5000m	22:10.00	-	-	-	-	-
100m Hurdles	-	20.00	21.00	22.50	23.00	24.00
110m Hurdles	20.30	-	-	-	-	-
High Jump	1.55m	1.45m	1.30m	1.26m	1.20m	1.15m
Long Jump	5.10m	4.80m	4.00m	3.80m	3.60m	3.40m
Triple Jump	10.80m	9.50m	-	-	-	-
Shot Put	8.80m	9.20m	7.50m	6.30m	6.80m	6.20m
Discus	20.00m	22.00m	15.00m	15.00m	13.50m	12.00m
Javelin	22.00m	18.00m	-	15.00m	-	-
4 x 100m Relay	50.00	52.00	56.00	1:02.00	1:03.00	1:04.00
4 x 400m Relay	4:06.00	4:20.00	4:45.00	5:30.00	5:31.00	5:40.00

The followings are the specifications of the throwing events and hurdles races.

Throwing Events (Weight of Implements)

Event	Boys			Girls		
	A Grade	B Grade	C Grade	A Grade	B Grade	C Grade
Shot Put	5 kg	4 kg	4 kg	4 kg	3 kg	3 kg
Discus	1.50 kg	1 kg	1 kg	1 kg	1 kg	1 kg
Javelin	700 gm	600 gm	-	600 gm	600 gm	-

Hurdles Races (Height of Hurdles)

Event	Boys			Girls		
	A Grade	B Grade	C Grade	A Grade	B Grade	C Grade
100m Hurdles	-	0.914 m	0.84 m	0.762 m	0.762 m	0.762 m
110m Hurdles	0.914 m	-	-	-	-	-
400m Hurdles	0.84 m	-	-	-	-	-