

Standards for Athletics (Division II) 2011/2012

Event	Boys			Girls		
	A Grade	B Grade	C Grade	A Grade	B Grade	C Grade
100m	12.70	13.00	13.60	15.20	15.30	15.40
200m	26.10	27.00	28.80	32.00	32.10	33.00
400m	1:00.00	1:01.00	1:07.00	1:16.50	1:16.50	1:18.00
800m	2:28.00	2:30.00	2:43.00	3:09.00	3:10.00	3:12.00
1500m	5:08.00	5:17.00	5:40.00	6:40.00	6:41.00	6:43.00
5000m	21:15.00	-	-	-	-	-
100m Hurdles	-	19.80	20.50	21.00	21.20	22.00
110m Hurdles	19.50	-	-	-	-	-
400m Hurdles	1:08.00	-	-	-	-	-
High Jump	1.60m	1.47m	1.35m	1.26m	1.23m	1.20m
Long Jump	5.30m	5.00m	4.30m	3.85m	3.80m	3.50m
Triple Jump	10.90m	10.00m	-	-	-	-
Shot Put	8.80m	9.50m	7.50m	6.40m	7.10m	6.30m
Discus	22.00m	23.50m	17.00m	15.90m	15.60m	12.50m
Javelin	27.50m	21.50m	-	15.00m	14.00m	-
4 x 100m Relay	48.50	50.00	54.00	59.40	59.40	59.70
4 x 400m Relay	3:59.00	4:09.00	4:30.00	5:08.00	5:12.00	5:15.00

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	-	-	-	-	-