

## Revised Standards for Athletics (Division Two) 2018-2019

Event	Boys			Girls		
	A Grade	B Grade	C Grade	A Grade	B Grade	C Grade
100m	12.60	13.00	13.70	15.30	15.30	15.50
200m	26.10	26.80	29.00	32.00	32.20	33.00
400m	1:00.00	1:03.00	1:09.00	1:17.00	1:18.00	1:19.00
800m	2:30.00	2:30.00	2:43.00	3:09.00	3:10.00	3:12.00
1500m	5:12.00	5:20.00	5:45.00	6:50.00	6:50.00	6:50.00
5000m	21:00.00	-	-	-	-	-
100m Hurdles	-	19.80	21.00	21.00	21.20	22.20
110m Hurdles	20.00	-	-	-	-	-
400m Hurdles	1:10.00	-	-	-	-	-
High Jump	1.55m	1.47m	1.30m	1.26m	1.23m	1.20m
Long Jump	5.10m	4.70m	4.10m	3.70m	3.60m	3.40m
Triple Jump	10.50m	9.50m	-	-	-	-
Shot Put	9.10m	9.30m	7.30m	6.40m	7.10m	6.30m
Discus	21.00m	23.00m	17.00m	16.50m	15.20m	12.50m
Javelin	26.00m	20.00m	-	15.00m	13.50m	-
4 x 100m Relay	48.50	50.00	53.00	59.40	59.40	59.40
4 x 400m Relay	4:06.00	4:10.00	4:30.00	5:12.00	5:15.00	5:20.00

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	-	-	-	-	-