

Revised Standard for Athletics (Division One) 2023-2024

(updated on : 10 July 2023)

Event	Boys			Girls		
	A Grade	B Grade	C Grade	A Grade	B Grade	C Grade
100m	12.20	12.50	13.30	14.30	14.40	14.70
200m	25.50	26.20	27.50	30.50	30.50	31.00
400m	58.00	1:00.00	1:04.00	1:12.50	1:12.50	1:13.00
800m	2:22.00	2:23.00	2:32.00	2:55:00	2:55.00	2:57.00
1500m	5:00.00	5:06.00	5:25.00	6:18.00	6:25.00	6:27.00
3000m	-	11:30.00	-	-	-	-
5000m	20:00.00	-	-	-	-	-
100m Hurdles	-	17.20	19.70	19.00	20.20	20.50
110m Hurdles	18.50	-	-	-	-	-
400m Hurdles	1:07.50	-	-	-	-	-
High Jump	1.60	1.55	1.40	1.35	1.30	1.25
Long Jump	5.45	5.05	4.55	4.10	4.00	3.80
Triple Jump	11.20	10.50	-	-	-	-
Shot Put	9.80	9.80	8.00	6.90	7.25	6.80
Discus	26.00	27.00	20.00	18.80	18.00	16.00
Javelin	30.00	26.00	-	19.00	17.80	-
4 x 100m Relay	47.50	48.50	52.00	56.50	56.80	58.00
4 x 400m Relay	3:54.00	4:02.00	4:20.00	4:52.00	4:57.00	5:00.00

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	500 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	0.838 m	0.762 m	0.762 m	0.762 m
110m Hurdles	0.914 m	-	-	-	-	-
400m Hurdles	0.838 m	-	-	-	-	-