

Standards for Athletics (Division Two) 2024-2025

(updated on : 20 May 2024)

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	2:45.00	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	-	-	26:00.00	-	-
100m Hurdles	-	19.80	21.00	21.00	21.20	22.20
110m Hurdles	20.00	-	-	-	-	-
400m Hurdles	1:10.00	-	-	-	-	-
High Jump	1.55	1.47	1.30	1.26	1.23	1.20
Long Jump	5.10	4.70	4.10	3.70	3.60	3.40
Triple Jump	10.50	9.50	-	-	-	-
Shot Put	9.00	9.00	7.30	6.20	6.80	6.00
Discus	21.00	23.00	17.00	16.50	15.20	12.50
Javelin	24.50	20.00	-	15.00	13.50	-
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

Athletes will be required to stop racing if they cannot complete the 5000m event within the respective time limit as below:

Boys: Division One (I): 22:00.00 / Division Two (II): 23:00.00 / Division Three (III): 25:00.00

Girls: Division One (I): 27:00.00 / Division Two (II): 28:00.00 / Division Three (III): 30:00.00

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	-	-	-	-	-