

MEN – TRACK	SM	U20	U17	U15	U13	M40	M45	M50	M55	M60	M65	M70	M75	WOMEN – TRACK	SW	U20	U17	U15	U13	W35	W40	W45	W50	W55	W60	W65	W70	W75	
50m	6.3	-	-	-	-	-	-	-	-	-	-	-	-	50m	7.3	7.3	-	-	-	-	-	-	-	-	-	-	-	-	
55m	6.8	-	-	-	-	-	-	-	-	-	-	-	-	55m	7.9	7.9	-	-	-	-	-	-	-	-	-	-	-	-	
60m	7.3	7.5	7.7	8.0	8.7	7.9	8.2	8.5	8.8	9.1	9.5	10.0	10.5	60m	8.5	8.5	8.5	9.0	9.3	8.8	9.1	9.5	9.8	10.2	10.7	11.2	12.0	12.5	
75m	-	-	-	-	-	-	-	-	-	-	-	-	-	75m	-	-	-	-	11.5	-	-	-	-	-	-	-	-	-	
80m	-	-	-	-	-	-	-	-	-	-	-	-	-	80m	-	-	-	-	12.0	-	-	-	-	-	-	-	-	-	
100m	11.5	11.7	12.0	12.7	14.2	12.3	12.8	13.2	13.7	14.2	15.0	15.5	16.5	100m	13.2	13.3	13.3	13.7	14.8	13.5	14.0	14.5	15.0	16.0	16.5	17.0	18.0	19.5	
150m	17.0	-	-	-	-	-	-	-	-	-	-	-	-	150m	20.0	20.0	-	-	23.0	-	-	-	-	-	-	-	-	-	
200m	23.4	23.8	24.5	26.25	29.75	25.0	26.0	27.0	28.0	29.0	31.0	32.0	34.0	200m	27.0	27.2	27.5	28.5	31.5	28.0	29.0	31.5	32.0	33.0	35.0	37.0	39.0	42.0	
300m	36.5	37.0	38.0	40.5	45.0	-	-	-	-	-	-	-	-	300m	44.0	44.0	45.5	47.0	-	-	-	-	-	-	-	-	-	-	
400m	53.0	54.0	55.5	61.0	63.0	56.0	58.0	60.0	63.0	66.0	70.0	73.0	78.0	400m	64.0	65.0	65.0	-	-	64.0	67.0	70.0	74.0	78.0	1.22	1.27	1.32	1.40	
600m	1:25	1:27	1:30	1:35	1:44	-	-	-	-	-	-	-	-	600m	1:42	1:42	1:44	1:45	1:55	-	-	-	-	-	-	-	-	-	
800m	2:04	2:06	2:10	2:22	2:38	2:08	2:15	2:20	2:26	2:35	2:42	2:50	3:05	800m	2:27	2:27	2:30	2:35	2:45	2:30	2:40	2:45	2:55	3:05	3:15	3:25	3:40	4:00	
1000m	2:36	2:40	2:45	2:55	3:10	-	-	-	-	-	-	-	-	1000m	3:10	3:10	3:12	3:15	3:30	-	-	-	-	-	-	-	-	-	
1200m	3:12	-	-	-	-	-	-	-	-	-	-	-	-	1200m	4:00	4:00	-	-	4:20	-	-	-	-	-	-	-	-	-	
1500m	4:20	4:25	4:35	4:55	5:25	4:25	4:35	4:50	5:00	5:15	5:30	5:50	6:20	1500m	5:05	5:07	5:15	5:25	5:50	5:10	5:25	5:40	6:00	6:15	6:40	7:00	7:30	8:15	
Mile	4:30	4:35	4:45	5:00	5:30	4:45	5:00	5:15	5:30	-	-	-	-	Mile	5:30	5:30	5:30	5:35	6:00	5:35	5:50	6:10	6:30	6:45	-	-	-	-	
2000m	5:45	-	-	-	-	-	-	-	-	-	-	-	-	2000m	7:00	7:00	-	-	-	-	-	-	-	-	-	-	-	-	
3000m	9:30	9:40	10:00	10:30	11:00	9:30	9:45	10:15	10:45	11:15	12:00	12:30	13:30	3000m	11:30	11:45	12:00	12:30	-	11:30	11:40	12:15	12:45	13:30	14:15	15:00	16:30	17:30	
2 miles	10:00	-	-	-	-	-	-	-	-	-	-	-	-	2 miles	12:00	12:00	-	-	-	-	-	-	-	-	-	-	-	-	
5000m	16:45	17:00	-	-	-	16:45	17:00	17:30	18:30	19:15	20:00	21:30	23:00	5000m	20:00	20:00	-	-	-	20:00	20:00	21:00	22:00	23:00	24:30	26:00	28:00	30:00	
10,000m	36:00	36:00	-	-	-	36:00	36:00	37:00	39:00	40:30	42:30	45:00	48:00	10,000m	43:00	43:00	-	-	-	43:00	43:00	44:00	46:00	48:00	51:00	54:00	58:00	63:00	
1500mSC	4:40	4:50	5:10	-	-	-	-	-	-	-	-	-	-	1500mSC	7:00	7:00	-	-	-	-	-	-	-	-	-	-	-	-	
2000mSC	6:20	7:30	-	-	-	6:40	-	-	-	-	-	-	-	2000mSC	9:00	9:00	-	-	-	-	-	-	-	-	-	-	-	-	
3000mSC	11:00	11:00	-	-	-	11:00	11:15	12:00	13:00	14:00	15:00	16:00	17:00	3000mSC	14:00	14:00	-	-	-	-	-	-	-	-	-	-	-	-	
60H	9.3	9.3	9.3	9.6	11.0	-	-	-	-	-	-	-	-	60H	10.3	10.3	10.3	10.5	11.0	-	-	-	-	-	-	-	-	-	
70H	-	-	-	-	-	-	-	-	-	-	-	-	-	70H	-	-	-	-	14.0	-	-	-	-	-	-	-	-	-	
75H	-	-	-	-	16.0	-	-	-	-	-	-	-	-	75H	-	-	-	14.1	-	-	-	-	-	-	-	-	-	-	
80H	-	-	-	14.0	-	-	-	-	-	-	-	-	-	80H	-	-	13.7	-	-	-	-	-	-	-	-	-	-	-	
100H	-	-	16.0	-	-	-	-	-	-	-	-	-	-	100H	18.0	18.0	18.0	-	-	18.0	19.0	20.0	22.0	-	-	-	-	-	
110H U20	-	18.5	-	-	-	-	-	-	-	-	-	-	-	110H	18.0	18.0	-	-	-	-	-	-	-	-	-	-	-	-	
110H	18.0	18.0	-	-	-	18.0	19.0	20.0	21.0	22.0	23.0	24.0	-	200H	27.0	-	-	-	-	-	-	-	-	-	-	-	-	-	
200H	27.0	-	-	-	-	-	-	-	-	-	-	-	-	400H	63.0	64.0	65.0	-	-	64.0	68.0	72.0	76.0	75.0	78.0	79.0	-	-	
400H	63.0	64.0	65.0	-	-	64.0	68.0	72.0	76.0	75.0	78.0	79.0	-	High jump	1.73	1.70	1.65	1.50	1.25	1.62	1.51	1.48	1.41	1.33	1.26	1.20	1.15	-	
High jump	1.73	1.70	1.65	1.50	1.25	1.62	1.51	1.48	1.41	1.33	1.26	1.20	1.15	Pole vault	3.00	2.80	2.65	2.20	2.00	3.00	2.90	2.75	2.50	2.35	2.20	2.05	1.90	-	
Pole vault	3.00	2.80	2.65	2.20	2.00	3.00	2.90	2.75	2.50	2.35	2.20	2.05	1.90	Long jump	5.80	5.70	5.40	4.80	4.00	5.50	5.00	4.50	4.30	4.00	3.75	3.50	-	-	
Long jump	5.80	5.70	5.40	4.80	4.00	5.50	5.00	4.50	4.30	4.00	3.75	3.50	-	Triple jump	11.80	11.50	11.00	10.00	9.00	11.00	10.50	10.00	9.50	8.75	8.00	7.50	7.00	-	-
Triple jump	11.80	11.50	11.00	10.00	9.00	11.00	10.50	10.00	9.50	8.75	8.00	7.50	7.00	Shot put	10.00	10.00	10.00	9.50	6.50	10.00	10.00	10.00	9.50	9.00	8.00	7.50	-	-	
Shot put	10.00	10.00	10.00	9.50	6.50	10.00	10.00	10.00	9.50	9.00	8.00	8.00	7.50	Discus	28.00	25.00	25.00	23.00	14.00	28.00	28.00	30.00	28.00	30.00	27.50	25.00	22.00	-	-
Discus	28.00	25.00	25.00	23.00	14.00	28.00	28.00	30.00	28.00	30.00	27.50	25.00	22.00	Hammer	26.00	25.00	24.00	23.00	-	26.00	26.00	30.00	28.00	27.50	25.00	22.00	-	-	
Hammer	26.00	25.00	24.00	23.00	-	26.00	26.00	30.00	28.00	27.50	25.00	25.00	22.00	Javelin	37.00	35.00	35.00	30.00	18.00	37.00	37.00	30.00	30.00	30.00	27.50	25.00	22.00	-	-
Javelin	37.00	35.00	35.00	30.00	18.00	37.00	37.00	30.00	30.00	30.00	27.50	25.00	22.00	Pentathlon	2200	2000	-	1600	1200	-	-	-	-	-	-	-	-	-	
Pentathlon	2200	2000	-	1600	1200	-	-	-	-	-	-	-	-	Octathlon	-	-	3350	-	-	-	-	-	-	-	-	-	-	-	-
Octathlon	-	-	3350	-	-	-	-	-	-	-	-	-	-	Decathlon U20	-	3000	-	-	-	-	-	-	-	-	-	-	-	-	-
Decathlon U20	-	3000	-	-	-	-	-	-	-	-	-	-	-	Decathlon	3000	3000	-	-	-	-	-	-	-	-	-	-	-	-	-
Decathlon	3000	3000	-	-	-	-	-	-	-	-	-	-	-	2000W/2KW	-	-	-	-	12:45	-	-	-	-	-	-	-	-	-	-
2000W/2KW	-	-	-	-	12:45	-	-	-	-	-	-	-	-	3000W/3KW	15:00	15:15	17:00	17:30	19:00	15:30	16:00	16:30	17:00	18:00	19:00	20:00	-	-	-
3000W/3KW	15:00	15:15	17:00	17:30	19:00	15:30	16:00	16:30	17:00	18:00	19:00	20:00	-	5000W/5KW	26:00	28:00	28:00	-	27:00	28:00	29:00	30:00	31:00	32:00	33:00	-	-	-	-
5000W/5KW	26:00	28:00	28:00	-	27:00	28:00	29:00	30:00	31:00	32:00	33:00	-	-	10,000W/10KW	55:00	60:00	60:00	-	-	-	-	-	-	-	-	-	-	-	-
10,000W/10KW	55:00	60:00	60:00	-	-	-	-	-	-	-	-	-	-	20KW	2:00:00	2:00:00	-	-	-	-	-	-	-	-	-	-	-	-	-
20KW	2:00:00	2:00:00	-	-	-	-	-	-	-	-	-	-	-	50KW	6:00:00	-	-	-	-	-	-	-	-	-	-	-	-	-	-
50KW	6:00:00	-	-	-	-	-	-	-	-	-	-	-	-	4x100m	44.0	46.0	47.0	50.0	56.0	-	-	-	-	-	-	-	-	-	-
4x100m	44.0	46.0	47.0	50.0	56.0	-	-	-	-	-	-	-	-	4x200m	1:35	1:40	1:45	1:50	2:05	-	-	-	-	-	-	-	-	-	-
4x200m	1:35	1:40	1:45	1:50	2:05	-	-	-	-	-	-	-	-	4x400m	3:26	3:38	3:45	4:00	4:45	-	-	-	-	-	-	-	-	-	-
4x400m	3:26	3:38	3:45	4:00	4:45	-	-	-	-	-	-	-	-	Medley	3:45	4:00	4:10	4:25	-	-	-	-	-	-	-	-	-	-	-
Medley	3:45	4:00	4:10	4:25	-	-	-	-	-	-	-	-	-	3x800m	-	6:30	6:45	7:00	8:00	-	-	-	-	-	-	-	-	-	-
3x800m	-	6:30	6:45	7:00	8:00	-	-	-	-	-	-	-	-	4x800m	8:15	8:40	9:00	9:30	-	-	-	-	-	-	-	-	-	-	-
4x800m	8:15	8:40	9:00	9:30	-	-	-	-	-	-	-	-	-	4x1500m	17:00	-	-	-											