

Entry Standards - Boys

Event	Fully Automatic Timing	Hand Timing
100 Metres	11.35	11.1
200 Metres	22.90	22.7
400 Metres	50.50	50.4
800 Metres	1:58.00	
1500 Metres	4:03.00	
3000 Metres	8:56.00	
110 Metres Hurdles (91.4cm)	14.50	14.3
400 Metres Hurdles (84.0cm)	56.00	55.9
2000 Metres Steeplechase	6:15.00	
High Jump	2.00	
Pole Vault	4.50	
Long Jump	7.00	
Triple Jump	14.50	
Shot Put (5kg)	17.40	
Discus Throw (1.5kg)	52.00	
Hammer Throw (5kg)	60.00	
Javelin Throw (700gr)	60.00	
Octathlon	5500 pts	
10,000 Metres Race Walk	48:40.00	
Medley Relay	No Standard	

Entry Standards - Girls

Event	Fully Automatic Timing	Hand Timing
100 Metres	12.55	12.3
200 Metres	25.70	25.5
400 Metres	57.80	57.7
800 Metres	2:16.00	
1500 Metres	4:35.00	
3000 Metres	9:55.00	
100 Metres Hurdles (76.2cm)	14.70	14.5
400 Metres Hurdles	1:03.00	1:02.9
2000 Metres Steeplechase	7:15.00	
High Jump	1.73	
Pole Vault	3.65	
Long Jump	5.85	
Triple Jump	12.00	
Shot Put	12.50	
Discus Throw	41.00	
Hammer Throw	46.00	
Javelin Throw	43.00	
Heptathlon	4500 pts	
5000 metres Race Walk	25:25.00	
Medley Relay	No Standard	