



**AAA OF ENGLAND
STANDARDS SCHEME**

2005/2006

THE COMMON STANDARDS SCHEME

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The agreement reached in 1996 between representatives of the AAA of England and the Celtic Countries in respect of the recognition of common Track and Field Standards essentially remains in force. The performances listed hereunder (with the exception of non UK YAL competition for Under 13 age group athletes in N.Ireland) apply to all British Athletics, irrespective of whether any Country intends, or not, to make Certificates and/or Badges available to their athletes.

It has been decided to republish the Standards for Senior athletes following a gap of two years. The Standards for Senior and Under 20 athletes are for guidance only as there are no badges available for these age groups. At the same time the Under 17 Women's 400 metre Standard has been republished. The following new standards have been incorporated into the tables; Senior and Under 20 Women's 2,000 metres Steeplechase and 3,000 metres Steeplechase; Indoor 60 metres and 60 metres Hurdles for both Senior and Under 20 athletes of both sexes; Under 15 Girls 300 metres, Under 13 Boys 75 metres, 150 metres and 75 metres Hurdles.

Any queries on this Scheme should be addressed to E.S. Bellamy, 17 Parkdale, Barton on Humber DN18 5EQ.
Telephone: 01652 633422. E-mail: ebellath@aol.com.

AAA OF ENGLAND STANDARDS SCHEME

This Association will for the 2005 & 2006 Seasons, use the COMMON STANDARDS SCHEME incorporating the revisions referred to above. All the applicable Standards are listed in the following pages. Badges will be available for the FOUR Grades in the UNDER 17, UNDER 15 and UNDER 13 AGE GROUPS as defined by UK Athletic Rules.

The performance to be recognised must be achieved in the actual category of competition at 1) AAA of E National, Territorial and County Championships; 2) at all Young Athletes and other League competitions, Open Meetings and Inter-Club Trophy Meetings; 3) at other approved meetings controlled by permit issued by County/Territorial Committees' and 4) at ESAA National, Regional and County Championships.

The Scheme is co-ordinated by the Territorial Associations from whom Certificates and or Badges are available. The Certificates issued free give details of addresses from which Athletes may obtain Badges at a cost of **£1.00 PLUS SELF ADDRESSED STAMPED ENVELOPE** for return of Badge. Clubs are encouraged to make bulk applications for their athletes.

1. The Standards set for ALL FIELD EVENTS in EACH AGE GROUP are based on the use of the implement weights and specifications as detailed under UK Athletic Rules. Standards are not set for the use of 'under' or 'over' weight implements. Similarly Standards for Hurdle/Steeplechase Events are based on the use of Hurdles/Barriers to the heights and spacings as defined by UK Athletic Rules.
2. Standards may be obtained for ALL Indoor Events additional to the 60 metres and 60m Hurdles using the relevant Tables.
3. Standards may be obtained in each or every single event contained within any Multi-Event competition.
4. Although Standards are listed for JUNIORS and SENIORS it is NOT the intention to make BADGES available for this Age Group. They are included for use by Leagues etc.

Queries on the scheme may be addressed to the AAA of England Hon. Standards Officer, E.S. BELLAMY, 17 Parkdale, Barton on Humber DN18 5EQ. Telephone: 01652 633422. E-mail: ebellath@aol.com, to the Midland Counties AA or South of England AA at their registered HQ address as below. Copies of full results (including all heats, finals and rounds) of all competitions, would be appreciated by the Hon. Standards Officer. Results of all ranges and ability are required to adjust standards (from time to time) in all events.

Midland Counties AA - Edgbaston House, 3 Duchess Place, Hagley Road, Edgbaston, Birmingham B16 8NH

North of England AA - E.S.BELLAMY, 17 Parkdale, Barton-on-Humber. DN18 5EQ

South of England AA - 4th Floor, Marathon House, 115 Southwark Street, London SE1 0JF

STANDARDS FOR MEN AND BOYS 2005/6

Seniors

Event	Grade 1	Grade 2	Grade 3
100 metres	10.8 sec	11.0 sec	11.3 sec
200 metres	21.8 sec	22.2 sec	23.0 sec
400 metres	48.0 sec	49.8 sec	50.8 sec
800 metres	1 min 50.0 sec	1 min 53.0 sec	1 min 55.0 sec
1,500 metres	3 min 47.0 sec	3 min 50.0 sec	3 min 55.0 sec
5,000 metres	14 min 00.0 sec	14 min 10.0 sec	14 min 30.0 sec
10,000 metres	29 min 30.0 sec	30 min 20.0 sec	31 min 00.0 sec
110 metres Hurdles	15.0 sec	15.5 sec	16.2 sec
400 metres Hurdles	53.5 sec	54.8 sec	57.0 sec
3,000 metres Steeplechase	8 min 55.0 sec	9 min 15.0 sec	9 min 40.0 sec
High Jump	2.10 metres	2.00 metres	1.90 metres
Long Jump	7.25 metres	7.05 metres	6.75 metres
Triple Jump	15.00 metres	14.40 metres	14.00 metres
Pole Vault	4.60 metres	4.40 metres	4.00 metres
Javelin	68.00 metres	62.00 metres	56.00 metres
Discus	50.00 metres	47.00 metres	43.00 metres
Hammer	57.00 metres	51.00 metres	45.00 metres
Shot	17.00 metres	16.00 metres	14.00 metres
Decathlon	6440 points	5730 points	4930 points
3,000 metres Walk	13 min 20.0 sec	13 min 40.0 sec	14 min 20.0 sec
10,000 metres Walk	47 min 00.0 sec	48 min 10.0 sec	50 min 30.0 sec
Indoor			
60 metres	6.9 sec	7.1 sec	7.3 sec
60 metres Hurdles	8.2 sec	8.4 sec	8.8 sec

Under 20

Event	Grade 1	Grade 2	Grade 3
100 metres	11.0 sec	11.3 sec	11.6 sec
200 metres	22.2 sec	22.6 sec	23.4 sec
400 metres	50.0 sec	51.0 sec	53.0 sec
800 metres	1 min 53.0 sec	1 min 56.0 sec	2 min 0.00 sec
1500 metres	3 min 55.0 sec	3 min 59.0 sec	4 min 05.0 sec
3,000 metres	8 min 30.0 sec	8 min 45.0 sec	9 min 05.0 sec
5,000 metres	14 min 30.0 sec	14 min 45.0 sec	15 min 15.0 sec
10,000 metres	30 min 50.0 sec	32 min 00.0 sec	33 min 10.0 sec
110 metres Hurdles	15.4 sec	15.9 sec	16.6 sec
400 metres Hurdles	55.6 sec	56.8 sec	59.6 sec
3,000 metres Steeplechase	9 min 25.0 sec	9 min 50.0 sec	10 min 15.0 sec
2,000 metres Steeplechase	6 min 08.0 sec	6 min 15.0 sec	6 min 30.0 sec
High Jump	1.95 metres	1.85 metres	1.80 metres
Long Jump	6.85 metres	6.60 metres	6.20 metres
Triple Jump	14.00 metres	13.50 metres	13.00 metres
Pole Vault	4.10 metres	3.65 metres	3.20 metres
Javelin	52.00 metres	48.00 metres	42.00 metres
Discus	45.00 metres	42.50 metres	38.00 metres
Hammer	54.00 metres	45.00 metres	37.00 metres
Shot	13.20 metres	12.70 metres	11.60 metres
Decathlon	5140 points	4730 points	3930 points
3,000 metres Walk	14 min 30.0 sec	14 min 50.0 sec	15 min 30.0 sec
10,000 metres Walk	51 min 00.0 sec	52 min 40.0 sec	55 min 20.0 sec
Indoor			
60 metres	7.0 sec	7.2 sec	7.4 sec
60 metres Hurdles	8.3 sec	8.5 sec	8.9 sec

Under 17

Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	11.3 sec	11.6 sec	11.9 sec	12.2 sec
200 metres	23.0 sec	23.4 sec	23.9 sec	24.8 sec
400 metres	51.5 sec	52.7 sec	54.3 sec	56.0 sec
800 metres	1 min 59.0 sec	2 min 02.0 sec	2 min 05.0 sec	2 min 12.0 sec

1500 metres	4 min 10.0 sec	4 min 16.0 sec	4 min 24.0 sec	4 min 34.0 sec
3,000 metres	9 min 00.0 sec	9 min 20.0 sec	9 min 40.0 sec	10 min 10.0 sec
100 metres Hurdles	14.0 sec	14.6 sec	15.2 sec	16.0 sec
400 metres Hurdles	58.0 sec	60.5 sec	62.8 sec	65.4 sec
1500 metres Steeplechase	4 min 30.0 sec	4 min 40.0 sec	4 min 52.0 sec	5 min 10.0 sec
High Jump	1.90 metres	1.82 metres	1.72 metres	1.62 metres
Long Jump	6.40 metres	6.10 metres	5.80 metres	5.50 metres
Triple Jump	13.20 metres	12.60 metres	12.10 metres	11.50 metres
Pole Vault	3.80 metres	3.40 metres	3.00 metres	2.60 metres
Javelin	51.00 metres	47.00 metres	42.00 metres	36.50 metres
Discus	43.00 metres	40.00 metres	35.00 metres	29.00 metres
Shot	13.80 metres	13.10 metres	12.20 metres	11.00 metres
Hammer	54.00 metres	47.00 metres	37.00 metres	27.00 metres
Octathlon	4300 points	4000 points	3500 points	3100 points
3,000 metres Walk	14 min 50.0 sec	15 min 10.0 sec	16 min 00.00 sec	17 min 00.0 sec
5,000 metres Walk	24 min 50.0 sec	25 min 45.0 sec	26 min 50.0 sec	27 min 50.0 sec
Indoor				
60 metres	7.1 sec	7.3 sec	7.5 sec	7.7 sec
60 metres Hurdles	8.4 sec	8.7 sec	9.1 sec	9.5 sec

Under 15

Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	11.9 sec	12.2 sec	12.7 sec	13.0 sec
200 metres	24.3 sec	24.9 sec	25.8 sec	26.6 sec
400 metres	54.2 sec	55.9 sec	58.2 sec	60.5 sec
800 metres	2 min 08.0 sec	2 min 12.0 sec	2 min 18.0 sec	2 min 25.0 sec
1500 metres	4 min 23.0 sec	4 min 33.0 sec	4 min 44.0 sec	4 min 57.0 sec
3,000 metres	9 min 45.0 sec	10 min 00.0 sec	10 min 25.0 sec	10 min 55.0 sec
80 metres Hurdles	11.9 sec	12.5 sec	13.4 sec	14.4 sec
High Jump	1.70 metres	1.64 metres	1.54 metres	1.45 metres
Long Jump	5.80 metres	5.50 metres	5.20 metres	4.80 metres
Triple Jump	12.00 metres	11.50 metres	10.90 metres	10.20 metres
Pole Vault	2.90 metres	2.75 metres	2.50 metres	2.25 metres
Javelin	43.50 metres	40.50 metres	36.50 metres	31.00 metres
Discus	36.00 metres	32.00 metres	28.00 metres	23.50 metres
Shot	12.50 metres	11.40 metres	10.30 metres	9.50 metres
Hammer	40.00 metres	34.50 metres	29.00 metres	23.00 metres
Pentathlon*	2600 points	2300 points	1950 points	1600 points
3,000 metres Walk	15 min 20.0 sec	15 min 55.0 sec	16 min 40.0 sec	17 min 30.0 sec
Indoor				
60 metres	7.5 sec	7.7 sec	8.1 sec	8.5 sec
60 metres Hurdles	9.2 sec	9.6 sec	10.2 sec	10.8 sec

Under 13

Event	Grade 1	Grade 2	Grade 3	Grade 4
75 metres	10.0 sec	10.4 sec	11.1 sec	11.9 sec
100 metres	13.0 sec	13.4 sec	14.2 sec	15.0 sec
150 metres	19.9 sec	20.6 sec	21.6 sec	22.8 sec
200 metres	27.0 sec	27.8 sec	29.0 sec	30.3 sec
800 metres	2 min 23.0 sec	2 min 30.0 sec	2 min 38.0 sec	2 min 48.0 sec
1500 metres	4 min 50.0 sec	5 min 02.0 sec	5 min 14.0 sec	5 min 26.0 sec
75 metres Hurdles	12.0 sec	12.8 sec	13.8 sec	14.8sec
80 metres Hurdles	13.8 sec	14.6 sec	15.6 sec	16.6 sec
High Jump	1.45 metres	1.40 metres	1.30 metres	1.20 metres
Long Jump	4.80 metres	4.40 metres	4.10 metres	3.70 metres
Javelin	33.00 metres	30.50 metres	26.00 metres	21.00 metres
Discus	23.00 metres	20.50 metres	16.50 metres	12.50 metres
Shot	10.00 metres	8.70 metres	7.30 metres	6.00 metres
2,000 metre Walk	10 min 45.0 sec	11 min 15.0 sec	11 min 50.0 sec	12 min 45.0 sec
Indoor				
60 metres	7.9 sec	8.2 sec	8.6 sec	9.2 sec
60 metres Hurdles	10.0 sec	10.4 sec	10.9 sec	11.4 sec

STANDARDS FOR WOMEN/GIRLS

Seniors

Event	Grade 1	Grade 2	Grade 3
100 metres	11.8 sec	12.0 sec	12.4 sec
200 metres	24.0 sec	24.5 sec	25.4 sec
400 metres	54.3 sec	55.7 sec	58.0 sec
800 metres	2 min 05.0 sec	2 min 09.0 sec	2 min 14.0 sec
1,500 metres	4 min 18.0 sec	4 min 26.0 sec	4 min 38.0 sec
3,000 metres	9 min 20.0 sec	9 min 36.0 sec	10 min 15.0 sec
5,000 metres	16 min 30.0 sec	17 min 20.0 sec	18 min 10.0 sec
10,000 metres	34 min 00.0 sec	36 min 00.0 sec	38 min 00.0 sec
100 metres Hurdles	14.0 sec	14.6 sec	15.5 sec
400 metres Hurdles	59.8 sec	62.5 sec	67.0 sec
2,000 metres Steeplechase	7 min 10.0 sec	7 min 28.0 sec	7 min 45.0 sec
3,000 metres Steeplechase	11 min 00.0 sec	11 min 25.0 sec	12 min 00.0 sec
High Jump	1.80 metres	1.71 metres	1.64 metres
Long Jump	6.03 metres	5.79 metres	5.50 metres
Triple Jump	12.50 metres	11.00 metres	10.00 metres
Pole Vault	2.90 metres	2.75 metres	2.50 metres
Javelin	48.40 metres	42.20 metres	35.00 metres
Discus	45.50 metres	41.40 metres	36.00 metres
Hammer	45.00 metres	39.00 metres	33.00 metres
Shot	13.60 metres	12.40 metres	11.00 metres
Heptathlon	4820 points	4050 points	3200 points
Pentathlon	3400 points	3000 points	2500 points
3,000 metres Walk	15 min 00.0 sec	16 min 00.0 sec	17.00.0 sec
5,000 metres Walk	25 min 30.0 sec	27 min 30.0 sec	29 min 50.0 sec
10,000 metres Walk	53 min 00.0 sec	58 min 00.0 sec	61 min 00.0 sec
Indoor			
60 metres	7.7 sec	7.9 sec	8.1 sec
60 metres Hurdles	8.6 sec	8.9 sec	9.3 sec

Under 20

Event	Grade 1	Grade 2	Grade 3
100 metres	12.1 sec	12.3 sec	12.7 sec
200 metres	24.8 sec	25.3 sec	26.0 sec
400 metres	56.9 sec	58.6 sec	61.5 sec
800 metres	2 min 10.0 sec	2 min 14.5 sec	2 min 19.5 sec
1500 metres	4 min 28.0 sec	4 min 36.0 sec	4 min 48.0 sec
3,000 metres	9 min 50.0 sec	10 min 15.0 sec	10 min 55.0 sec
5,000 metres	17 min 30.0 sec	18 min 20.0 sec	19 min 30.0 sec
10,000 metres	36 min 50.0 sec	38 min 50.0 sec	41 min 00.0 sec
100 metres Hurdles	14.8 sec	15.4 sec	16.3 sec
400 metres Hurdles	62.7 sec	66.5 sec	71.4 sec
2,000 metres Steeplechase	7 min 30.0 sec	8 min 05.0 sec	8 min 40.0 sec
3,000 metres Steeplechase	11 min 30.0 sec	12 min 05.0 sec	12 min 45.0 sec
High Jump	1.74 metres	1.66 metres	1.58 metres
Long Jump	5.79 metres	5.55 metres	5.25 metres
Triple Jump	11.50 metres	10.70 metres	9.50 metres
Pole Vault	2.75 metres	2.50 metres	2.20 metres
Javelin	42.00 metres	36.50 metres	32.00 metres
Discus	40.80 metres	36.80 metres	32.00 metres
Hammer	38.00 metres	33.00 metres	28.00 metres
Shot	12.30 metres	11.20 metres	10.30 metres
Heptathlon	4450 points	3800 points	3000 points
Pentathlon	3200 points	2850 points	2350 points
3,000 metres Walk	15 min 50.0 sec	16 min 40.0 sec	17 min 50.0 sec
5,000 metres Walk	26 min 15.0 sec	28 min 00.0 sec	30 min 15.0 sec
10,000 metres Walk	58 min 00.0 sec	61 min 00.0 sec	65 min 00.0 sec
Indoors			
60 metres	7.8 sec	8.0 sec	8.3 sec
60 metres Hurdles	8.8 sec	9.1 sec	9.5 sec

Under 17

Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	12.5 sec	12.8 sec	13.2 sec	13.6 sec

200 metres	25.6 sec	26.1 sec	26.8 sec	27.7 sec
300 metres	41.5 sec	42.8 sec	44.2 sec	45.5 sec
400 metres	59.5 sec	61.5 sec	65.0 sec	69.0 sec
800 metres	2 min 17.0 sec	2 min 22.0 sec	2 min 27.0 sec	2 min 35.0 sec
1500 metres	4 min 45.0 sec	4 min 52.0 sec	5 min 02.0 sec	5 min 15.0 sec
3,000 metres	10 min 30.0 sec	10 min 55.0 sec	11 min 35.0 sec	12 min 25.0 sec
80 metres Hurdles	11.9 sec	12.2 sec	12.7 sec	13.3 sec
300 metres Hurdles	45.7 sec	47.4 sec	50.6 sec	53.0 sec
High Jump	1.65 metres	1.57 metres	1.50 metres	1.42 metres
Long Jump	5.50 metres	5.20 metres	4.90 metres	4.50 metres
Triple Jump	10.70 metres	9.50 metres	8.50 metres	7.90 metres
Pole Vault	2.60 metres	2.40 metres	2.10 metres	1.85 metres
Javelin	36.50 metres	33.00 metres	29.00 metres	24.00 metres
Discus	35.00 metres	31.80 metres	27.50 metres	22.00 metres
Shot	10.80 metres	10.10 metres	9.20 metres	8.00 metres
Hammer	32.50 metres	28.50 metres	24.00 metres	20.00 metres
Heptathlon	4000 points	3500 points	2850 points	2200 points
Pentathlon	3000 points	2700 points	2200 points	1650 points
3,000 metres Walk	16 min 15.0 sec	17 min 20.0 sec	18 min 00.0 sec	19 min 00.0 sec
5,000 metres Walk	27 min 00.0 sec	28 min 30.0 sec	30 min 45.0 sec	32 min 45.0 sec
Indoor				
60 metre	8.0 sec	8.2 sec	8.4 sec	8.7 sec
60 metre Hurdles	9.0 sec	9.3 sec	9.7 sec	10.2 sec

Under 15

Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	12.7 sec	13.0 sec	13.6 sec	14.1 sec
200 metres	26.2 sec	26.9 sec	27.8 sec	29.2 sec
300 metres	42.3 sec	43.8 sec	45.4 sec	47.2 sec
800 metres	2 min 21.0 sec	2 min 26.0 sec	2 min 34.0 sec	2 min 44.0 sec
1500 metres	4 min 48.0 sec	5 min 00.0 sec	5 min 15.0 sec	5 min 30.0 sec
75 metres Hurdles	11.9 sec	12.4 sec	13.0 sec	13.6 sec
High Jump	1.58 metres	1.52 metres	1.45 metres	1.35 metres
Long Jump	5.10 metres	4.85 metres	4.60 metres	4.30 metres
Pole Vault	2.30 metres	2.15 metres	1.90 metres	1.70 metres
Javelin	31.50 metres	28.00 metres	23.50 metres	19.00 metres
Discus	30.50 metres	27.50 metres	23.50 metres	19.00 metres
Shot	10.65 metres	9.75 metres	8.60 metres	7.50 metres
Hammer	30.00 metres	26.00 metres	21.50 metres	17.00 metres
Pentathlon	2500 points	2200 points	1850 points	1500 points
2,500 metres Walk	13 min 40.0 sec	14 min 50.0 sec	15 min 50.0 sec	16 min 30.0 sec
3,000 metres Walk	16 min 30.0 sec	17 min 35.0 sec	18 min 40.0 sec	19 min 30.0 sec
Indoor				
60 metres	8.2 sec	8.4 sec	8.7 sec	9.1 sec
60 metres Hurdles	9.5 sec	9.9 sec	10.5 sec	11.2 sec

Under 13

Event	Grade 1	Grade 2	Grade 3	Grade 4
75 metres	10.3 sec	10.7 sec	11.2 sec	11.8 sec
100 metres	13.3 sec	13.8 sec	14.5 sec	15.2 sec
150 metres	20.5 sec	21.3 sec	22.1 sec	23.0 sec
200 metres	28.0 sec	28.9 sec	30.0 sec	31.2 sec
800 metres	2 min 31.0 sec	2 min 38.0 sec	2 min 48.0 sec	2 min 58.0 sec
1200 metres	4 min 02.0 sec	4 min 12.0 sec	4 min 24.0 sec	4 min 40.0 sec
1500 metres	5 min 12.0 sec	5 min 25.0 sec	5 min 40.0 sec	6 min 00.0 sec
70m Hurdles	12.0 sec	12.8 sec	13.8 sec	14.8 sec
High Jump	1.40 metres	1.32 metres	1.28 metres	1.20 metres
Long Jump	4.55 metres	4.30 metres	3.90 metres	3.50 metres
Javelin	26.00 metres	21.50 metres	18.50 metres	15.00 metres
Discus	23.50 metres	21.00 metres	18.00 metres	15.00 metres
Shot	8.70 metres	7.70 metres	6.50 metres	5.50 metres
2,000 metres Walk	11 min 50.0 sec	12 min 40.0 sec	13 min 20.0 sec	13 min 50.0 sec
2,500 metres Walk	15 min 00.0 sec	15 min 50.0 sec	16 min 40.0 sec	17 min 30.0 sec
Indoor				
60 metres	8.4 sec	8.7 sec	9.1 sec	9.5 sec
60 metres Hurdles	10.4 sec	10.8 sec	11.3 sec	11.8 sec