

Information for 2009 Selection

**GLASGOW 2014 ATHLETICS SQUAD
ENTRY STANDARDS
SPRINT / HURDLES**

<u>MEN</u>	17	18	19	20	21	22	23	SENIOR
<u>Born</u>	1992	1991	1990	1989	1988	1987	1986	
100m	11.65s	11.55s	11.45s	11.35s	11.25s	11.15s	11.05s	10.85s
200m	23.70s	23.40s	23.10s	22.80s	22.75s	22.70s	22.65s	22.35s
400m	52.40s	52.10s	51.80s	51.45s	51.05s	50.75s	50.00s	49.50s
110m H 3'3"	14.60s							
110m H 3'6"		15.80s	15.50s	15.10s	15.00s	14.85s	14.70s	14.35s
400m H 2'9"	58.5s							
400m H 3'0"		57.35s	57.00s	56.65s	56.15s	55.70s	55.20s	54.00s

<u>WOMEN</u>	17	18	19	20	21	22	U23	SENIOR
<u>Born</u>	1992	1991	1990	1989	1988	1987	1986	
100m	13.00s	12.85s	12.65s	12.50s	12.38s	12.31s	12.25s	12.10s
200m	26.30s	26.10s	25.80s	25.50s	25.30s	25.12s	24.95s	24.50s
300 / 400m	42.75s / 62.00s	--/60.85s	--/60.00s	-- /59.40s	--/59.25s	--/59.10s	--/58.95s	--/55.50s
80 / 100m H	12.40s / --	--/16.80s	--/16.10s	-- /15.40s	--/15.10s	--/14.85	--/14.60s	--/14.50s
300 / 400mH	47.50s / --	--/68.10s	--/67.30s	--/66.50s	--/65.30s	--/64.10s	--/62.50s	--/62.00s

**GLASGOW 2014 ATHLETICS SQUAD
ENTRY STANDARDS
MIDDLE DISTANCE/ENDURANCE**

<u>MEN</u>	17	18	19	20	21	22	23	SENIOR
<u>Born</u>	1992	1991	1990	1989	1988	1987	1986	
800m	2.02.00m	2.00.00m	1.58.30m	1.57.00m	1.55.30m	1.54.00m	1.53.00m	1.51.00m
1500m	4.15.00m	4.10.00m	4.05.00m	4.00.00m	3.57.30m	5.55.00m	3.53.00m	3.50.00m
3000m	9.20.00m	9.10.00m	9.00.00m				830.00m	8.20.00m
5000m			15.30.00m	15.20.00m	15.10.00m	15.00.00m	14.50.00m	14.30.00m
10000m							31.00.00m	30.20.00m
1500m s/c	4.40.00m							
2000m s/c	6.50.00m	6.40.00m	6.30.00m	6.20.00m				
3000m s/c		10.20.00m	10.10.00m	10.00.00m	9.50.00m	9.40.00m	9.30.00m	9.20.00m

<u>WOMEN</u>	17	18	19	20	21	22	23	SENIOR
<u>Born</u>	1992	1991	1990	1989	1988	1987	1986	
800m	2.22.00 m	2.20.00m	2.18.00m	2.16.00m	2.14.30m	2.13.00m	2.12.00m	2.09.00 m
1500m	4.56.00 m	4.50.30m	4.45.00m	4.40.00m	4.38.00m	4.36.00m	4.34.00m	4.30.00 m
3000m	10.55.00m	10.45.00m	10.35.00m	10.25.00m	10.17.00m	10.09.00m	10.00.00m	9.50.00 m
5000m		20.00.00m	19.30.00m	19.00.00m	18.45.00m	18.30.00m	18.15.00m	17.15.00m
10000m							38.00.00m	36.30.00m
1500m S/C	6.00.00m							
2000m S/C	9.00.00m	8.45.00m	8.30.00m					

3000m S/C		13.45.00m	13.00.00m	12.45.00m	12.30.00m	12.15.00m	12.00.00m	11.40.00m
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Cross-country – Place in first three at National Championship

Road-running – Place in first three at National Championship : Hill-running – Place in first three at National Championships

GLASGOW 2014 ATHLETICS SQUAD

ENTRY STANDARDS

JUMPS

<u>MEN</u>	17	18	19	20	21	22	23	SENIOR
<u>Born</u>	1992	1991	1990	1989	1988	1987	1986	
HIGH JUMP	1.80m	1.87m	1.95m	2.00m	2.05m	2.10m	2.15m	2.20m
POLE VAULT	3.65m	3.90m	4.15m	4.30m	4.45m	4.65m	4.85m	5.05m
LONG JUMP	6.50m	6.70m	6.85m	7.00m	7.15m	7.25m	7.35m	7.40m
TRIPLE JUMP	13.85m	14.10m	14.30m	14.50m	14.70m	14.85m	15.00m	15.20m

<u>WOMEN</u>	17	18	19	20	21	22	23	SENIOR
<u>Born</u>	1992	1991	1990	1989	1988	1987	1986	
HIGH JUMP	1.60m	1.64m	1.68m	1.73m	1.78m	1.82m	1.85m	1.87m
POLE VAULT	2.80m	3.00m	3.15m	3.30m	3.40m	3.50m	3.60m	3.70m
LONG JUMP	5.40m	5.45m	5.55m	5.65m	5.70m	5.75m	5.80m	6.00m
TRIPLE JUMP	11.30m	11.50m	11.70m	11.90m	12.05m	12.20m	12.35m	12.50m

HAMMER THROW	30.00m	32.50m	35.00m	37.00m	39.00m	41.00m	43.00m	45.00m
	400g	400g	400g	400g	400g	400g	400g	400g
JAVELIN THROW	32.00m	33.00m	34.50m	36.00m	37.00m	38.50m	40.00m	44.00m

