

**LISTEN
ENGAGE
REPRESENT**



WELSH ATHLETICS
ATHLETAU CYMRU

Outdoor International Overseas Fixtures Standards

Men				Women		
U20	U23	Senior		Senior	U23	U20
10.90	10.65	10.50	100m	11.65	11.75	12.00
21.90	21.50	21.30	200m	23.80	24.00	24.40
48.50	47.50	47.00	400m	53.80	54.50	55.50
1:53.00	1:50.50	1:49.20	800m	2:05.00	2:08.00	2:11.00
3:55.00	3:48.00	3:45.00	1500m	4:18	4:22.00	4:28.00
8:26.00	-	-	3000m	-	-	9:45.00
14:55.00	14:25.00	14:10.00	5000m	16:20.00	16:45.00	17:15.00
-	30:45.00	30:10.00	10000m	35:00.00	36:00.00	-
9:30.00	9:10.00	9:00.00	3km s/c	10:25.00	10:40.00	11:10.00
-	2:28.00	2:25.00	Marathon	2:48.00	2:52.00	-
14.70	14.30	14.10	110/100mH	13.80	14.00	14.40
14.25	-	-	3ft3	-	-	-
54.50	53.00	52.00	400mH	59.00	60.00	62.50
7.00	7.30	7.50	Long Jump	6.20	6.00	5.80
14.80	15.40	15.80	Triple Jump	12.80	12.40	11.90
2.05	2.12	2.15	High Jump	1.80	1.76	1.73
4.80	5.00	5.10	Pole Vault	4.10	4.00	3.75
-	16.50	17.00	Shot Put	15.30	14.70	14.00
16.50	-	-	6kg	-	-	-
-	53.00	56.00	Discus	54.00	50.00	45.00
50.00	-	-	1.75kg	-	-	-
-	61.00	63.00	Hammer	59.00	56.00	52.00
63.00	-	-	6kg	-	-	-
63.00	67.00	70.00	Javelin	52.00	49.00	45.00
-	6900	7100	Combined Events	5400	5200	5000
6500	-	-	Junior Implements	-	-	-
-	1:30.00	1:27.30	20K Walk	1:42.00	1:45.00	-
45:00	-	-	10K Walk	48:30.00	50:00.00	53:00.00

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Indoor International Overseas Fixture Standards

Men				Women		
U20	U23	Senior		Senior	U23	U20
7.00	6.90	6.85	60m	7.50	7.60	7.70
22.40	22.00	21.80	200m	24.50	24.80	25.20
49.50	48.50	48.00	400m	55.00	55.80	57.00
1:54.00	1:52.00	1:50.50	800m	2:07.00	2:09.00	2:12.00
3:57.00	3:52.00	3:49.00	1500m	4:22.00	4:26.00	4:30.00
8:32.00	8:25.00	8:20.00	3000m	9:45.00	9:52.00	10:00.00
8.50	8.35	8.20	60mH	8.60	8.75	8.90
8.20	-	-	3ft3	-	-	-
7.00	7.30	7.50	Long Jump	6.20	6.00	5.80
14.80	15.40	15.80	Triple Jump	12.80	12.40	11.90
2.05	2.12	2.15	High Jump	1.80	1.76	1.73
4.80	5.00	5.10	Pole Vault	4.10	4.00	3.75
-	16.50	17.00	Shot Put	15.30	14.70	14.00
16.50	-	-	6kg	-	-	-
-	4800	5000	Combined Events	3800	3600	3400
4400	-	-	Junior Implements	-	-	-