



WELSH ATHLETICS
ATHLETAU CYMRU

Welsh Athletics International Match Selection Standards

Outdoor Performances:

u20	Senior	Event	Senior	u20
11.20	11.00	100m	12.30	12.60
22.75	22.50	200m	25.50	25.80
51.00	50.00	400m	57.00	59.50
1.58.0	1.54.0	800m	2.13.0	2.17.0
4.02.0	3.55.0	1500m	4.35.0	4.45.0
4.11.0	4.05.0	Mile	4.50.0	5.10
8.55.0	8.30.0	3000m	10.00.0	10.30.0
9.30.0	9.00.0	3000m S/C	11.00.0	11.30.0
6.36.0	5.50.0	2000m S/C	7.00.0	7.30.0
-	-	1500m S/C	-	5.40.0
-	15.00	110/100mH	15.00	15.75
15.20	-	3ft3	-	-
57.00	55.00	400mH	63.00	65.50
-	12.30.0	3k Walk	13.10.0	-
46:00	-	10k Walk	-	52:30
42:33	1:28.0	20k Walk	1:40.0	48:29
6.30	6.80	Long Jump	5.70	5.30
13.00	14.20	Triple Jump	11.50	10.75
1.85	2.00	High Jump	1.70	1.63
4.10	4.70	Pole Vault	3.70	3.40
-	15.00	Shot Putt	12.50	11.00
13.50	-	6kg	-	-
-	50.00	Discus	42.00	33.00
43.00	-	1.75kg	-	-
-	60.00	Hammer	50.00	40.00
48.00	-	6kg	-	-
52.00	65.00	Javelin	45.00	38.00

Age Group Walk Standards:

U17 (UK)	U18 (International)	Distance	U18 (International)	U17 (UK)
27:00	-	5k Walk	25:00	28:00
-	48:00	10k Walk	-	-

Combined Events:



U18	U20	U23	Senior		Senior	U23	U20	U18
5000	5500	5800	6000	Decathlon				
				Heptathlon	4500	4250	4000	3750

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3750
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Indoor Performances:

U18	u20	Event	u20	U18
7.20	7.20	60m	7.90	7.90
23.00	23.00	200m	26.00	26.00
51.50	51.50	400m	59.50	59.50
1.59.0	1.59.0	800m	2.17.0	2.17.0
4.02.0	4.02.0	1500m	4.45.0	4.45.0
8.55.0	8.55.0	3000m	10.30.0	10.30.0
8.60	8.70	60mH	9.25	9.15
6.30	6.30	Long Jump	5.30	5.30
13.00	13.00	Triple Jump	10.75	10.75
1.85	1.85	High Jump	1.63	1.63
4.10	4.10	Pole Vault	3.40	3.40
13.00	13.50	Shot Putt	11.00	12.00