



2019 U16 Award Standards

U16 (15 Year Old) Standards				U16 (14 Year Old) Standards			
Event	Gender	min	sec/m	Event	Gender	min	sec/m
100	F		12.38	100	F		12.53
200	F		25.28	200	F		25.67
300	F		40.71	300	F		41.41
800	F	2	13.96	800	F	2	16.26
1200	F	3	34.02	1200	F	3	37.48
2000	F	6	27.79	2000	F	6	33.18
80H	F		11.91	80H	F		12.20
300H	F		45.50	300H	F		46.62
1500 RW	F	7	40.00	1500 RW	F	7	46.42
1500 SC	F	5	04.11	1500 SC	F	5	21.98
LJ	F		05.30	LJ	F		05.08
HJ	F		01.59	HJ	F		01.55
TJ	F		10.82	TJ	F		10.23
PV	F		02.88	PV	F		02.58
SP	F		12.65	SP	F		11.58
DT	F		34.81	DT	F		31.17
JT	F		38.19	JT	F		34.17
HT	F		45.54	HT	F		42.27
PENT	F		2941	PENT	F		2876
100	M		11.29	100	M		11.46
200	M		23.05	200	M		23.52
300	M		36.16	300	M		36.90
800	M	2	00.48	800	M	2	03.09
1000	M	2	36.50	1000	M	2	40.00
1200	M	3	14.94	1200	M	3	19.06

2000	M	5	50.91
100H	M		14.41
300H	M		43.00
1500 RW	M	7	30.00
1500 SC	M	4	32.81
LJ	M		06.18
HJ	M		01.80
TJ	M		12.72
PV	M		03.25
SP	M		14.85
DT	M		48.35
JT	M		50.19
HT	M		47.84
PENT	M		2826

2000	M	5	57.66
100H	M		15.22
300H	M		45.43
1500 RW	M	7	38.69
1500 SC	M	4	42.16
LJ	M		05.91
HJ	M		01.74
TJ	M		12.21
PV	M		03.07
SP	M		13.95
DT	M		44.16
JT	M		45.41
HT	M		39.96
PENT	M		2792