

**WPA TRACK AND FIELD STANDARDS 2024 (Revised 23 /01/2024)**

U16W	U18W	U20W	U23W	S W	EVENT	U16M	U18M	U20M	U23M	S M
12,59	12,34	12,40	12,39	11,93	100m	11,38	10,97	10,75	10,64	10,45
25,68	25,22	25,37	25,86	24,65	200m	23,15	22,12	21,82	21,55	20,96
58,25	58,08	58,03	58,40	55,20	400m	52,07	48,97	48,45	48,17	46,81
02:18,19	02:14,29	02:15,19	02:15,20	02:10,87	800m	02:02,99	01:56,03	01:53,71	01:51,68	01:49,19
04:48,70	04:44,59	04:46,99	04:48,22	04:32,68	1500m	04:17,55	04:01,00	03:56,51	03:52,14	03:48,55
13,44					90mH					
	14,34	15,46	15,02	14,45	100mH	13,60				
					110mH		14,50	14,49	14,93	14,26
45,60					300mH	40,63				
	01:03,95	01:03,55	01:03,47	01:00,20	400mH		54,49	54,95	53,97	52,10
05:43,61					1500m Steeplechase	04:47,80				
	07:38,26				2000m Steeplechase		06:28,20			
		12:13,99	12:16,10	11:53,62	3000m Steeplechase			09:48,65	09:46,06	09:20,94
10:33,65	10:20,97	10:54,80			3000m	09:30,83	08:53,83	08:40,10		
		19:10,67	19:09,66	17:20,08	5000m			15:16,08	15:01,26	14:25,08
			41:37,32	37:36,39	10000m				32:31,37	30:24,19
30:51,75	30:57,03				5000m Race Walk	31:10,40				
		01:07:20,83	53:29,55		10000m Race Walk		54:59,24	54:36,14		
				02:09:41,65	20km Race Walk					01:41:02,93
5,20	5,53	5,27	5,27	5,80	Long Jump	6,15	6,67	7,01	7,11	7,45
10,47	11,00				Triple Jump (9m)	11,95				
		11,33	11,52	11,95	Triple Jump (11m)		13,41			
					Triple Jump (13m)			14,01	14,49	15,07
1,59	1,64	1,61	1,60	1,70	High Jump	1,78	1,93	1,93	2,00	2,05
2,55	2,70	2,85	3,05	3,28	Pole Vault	3,13	3,86	4,21	4,13	4,58
12,98	14,29				Shot Put (3kg)					
		11,79	12,21	12,89	Shot Put (4kg)	15,81				
					Shot Put (5kg)		16,84			
					Shot Put (6kg)			15,92		
					Shot Put (7.26kg)				14,84	17,11
39,15	41,68				Javelin Throw (500g)					
		37,91	37,81	45,84	Javelin Throw (600g)	51,78				
					Javelin Throw (700g)		59,95			
					Javelin Throw (800g)			58,63	65,14	65,74
37,65	42,51	39,42	41,00	44,62	Discus Throw (1kg)	53,99				
					Discus Throw (1.5kg)		51,79			
					Discus Throw (1.75kg)			48,30		
					Discus Throw (2kg)				45,42	48,88
38,89	46,01				Hammer Throw (3kg)					
		42,71	42,99	53,06	Hammer Throw (4kg)	39,07				
					Hammer Throw (5kg)		51,96			
					Hammer Throw (6kg)			47,64		
					Hammer Throw (7.26kg)				48,14	56,07
2400					Pentathlon	2650				
	3700	3750	3900	3850	Heptathlon		4600			
					Decathlon			5000	5250	5450