

SWIC TRACK AND FIELD STANDARDS 2021

	2021 standard		2021 standard		2021 standard		2021		2021
U13B		U15B		U17M		U20M		SM	
100	14.0	100	12.9	100	11.9	100	11.8	100	11.5
200	29.2	200	25.6	200	23.7	200	23.0	200	23.4
800	2:30.0	300	40.5	400	53.5	400	51.2	400	53.0
1500	5:10.0	800	2:15.0	800	2:07.0	800	2:06.0	800	2:04.0
75mH	15.4	1500	4:40.0	1500	4:20.0	1500	4:25.0	1500	4:20.0
HJ	1.35	3000	10:30.0	3000	10:00.0	2000mSC	7:30.0	2000mSC	7:10.0
LJ	4.35	80mH	14.0	1500mSC	5:10.0	(or 11.37/11.05 for 3000mSC)			
DT	15.00	HJ	1.50	100mH	16.0	110mH	18.5	110mH	18.0
JT	25.00	LJ	5.20	400mH	62.5	400mH	64.0	400mH	63.0
SP	6.50	PV	2.85	HJ	1.75	HJ	1.90	HJ	1.85
		TJ	10.00	LJ	5.90	LJ	6.40	LJ	6.50
		DT	25.00	PV	3.20	PV	3.50	PV	3.50
		JT	33.00	TJ	11.50	TJ	12.95	TJ	12.50
		SP	10.00	DT	33.00	DT	36.00	DT	36.00
		HT	27.00	JT	41.00	JT	47.00	JT	48.00
				SP	10.50	SP	12.30	SP	11.50
				HT	39.00	HT	31.00	HT	40.00

(For Girls / Women's Standards see next page)

U13G

	2021
100	14.6
200	29.9
800	2:36.0
1500	5:25.0
70mH	14.0
HJ	1.35
LJ	4.25
DT	15.00
JT	17.00
SP	7.00

U15G

	2021
100	13.6
200	28.0
300	44.5
800	2:27.0
1500	5:05.0
3000	12:00.0
75mH	12.5
HJ	1.50
LJ	4.95
PV	2.20
TJ	9.00
DT	21.00
JT	24.00
SP	9.50
HT	30.00

U17W

	2021
100	13.3
200	27.0
300	43.0
800	2:28.0
1500	5:05.0
3000	11:20.0
1500mSC	7:00.0
80mH	12.6
300mH	51.0
HJ	1.55
LJ	4.95
PV	2.60
TJ	9.50
DT	22.00
JT	30.00
SP	10.00
HT	39.00

U20W

	2021
100	13.3
200	27.2
400	64.0
800	2:27.0
1500	5:07.0
1500mSC	7:00.0
100mH	18.0
400mH	75.0
HJ	1.60
LJ	5.20
PV	2.60
TJ	10.60
DT	26.00
JT	33.50
SP	9.55
HT	34.00

SW

	2021
100	13.2
200	27.0
400	64.0
800	2:27.0
1500	5:05.0
1500mSC	7:00.0
100mH	18.0
400mH	74.0
HJ	1.55
LJ	5.00
PV	2.60
TJ	10.00
DT	26.00
JT	27.00
SP	10.00
HT	34.00