

South West Track & Field Championships 2024 Entry Standards

U13B		U15B		U17M		U20M		SM	
100	14.2	100	12.5	100	11.9	100	11.7	100	11.5
200	29.7	200	25.8	200	24.0	200	23.5	200	23.4
800	2:40.0	300	43.0	400	55.0	400	52.0	400	52.0
1500	5:20.0	800	2:25.0	800	2:08.0	800	2:06.0	800	2:04.0
75mH	16.0	1500	4:45.0	1500	4:35.0	1500	4:25.0	1500	4:20.0
HJ	1.30	3000	11:00.0	3000	10:00.0	3000	9:30.0	3000	9:00.0
LJ	4.35	80mH	15.0	1500mSC	*	2000mSC	*	2000mSC	*
DT	15.00			100mH	16.0	110mH	18.5	110mH	18.0
JT	25.00			400mH	*	400mH	*	400mH	*
SP	6.50	HJ	1.45	HJ	1.65	HJ	1.80	HJ	1.80
Equivalent Standards		LJ	5.20	LJ	5.90	LJ	6.40	LJ	6.50
		PV	2.20	PV	2.20	PV	2.20	PV	2.20
		TJ	9.80	TJ	11.50	TJ	12.50	TJ	12.50
75	10.9	DT	25.00	DT	33.00	DT	36.00	DT	36.00
150	21.2	JT	33.00	JT	41.00	JT	47.00	JT	48.00
1200	4:09.0	SP	10.00	SP	10.50	SP	11.50	SP	11.50
		HT	27.00	HT	39.00	HT	31.00	HT	35.00

U13G		U15G		U17W		U20W		SW	
100	14.6	100	13.5	100	13.3	100	13.3	100	13.2
200	30.0	200	28.0	200	27.0	200	27.0	200	27.0
800	2:40.0	300	45.0	300	43.0	400	65.0	400	64.0
1500	5:35.0	800	2:27.0	800	2:28.0	800	2:30.0	800	2:27.0
70mH	14.5	1500	5:10.0	1500	5:10.0	1500	5:10.0	1500	5:05.0
HJ	1.25	3000	12:00.0	3000	11:20.0	3000	11:00.0	3000	11:00.0
LJ	4.00	75mH	13.0	1500mSC	*	1500mSC	*	1500mSC	*
DT	15.00			80mH	12.6	100mH	18.0	100mH	18.0
JT	17.00			300mH	*	400mH	*	400mH	*
SP	7.00	HJ	1.30	HJ	1.45	HJ	1.45	HJ	1.45
Equivalent Standards		LJ	4.70	LJ	4.95	LJ	5.20	LJ	5.00
		PV	2.20	PV	2.20	PV	2.20	PV	2.20
		TJ	9.00	TJ	9.50	TJ	10.00	TJ	10.00
75	11.3	DT	21.00	DT	22.00	DT	26.00	DT	26.00
150	21.5	JT	24.00	JT	30.00	JT	30.00	JT	27.00
1200	4:16.1	SP	9.00	SP	10.00	SP	9.00	SP	10.00
		HT	30.00	HT	34.00	HT	34.00	HT	34.00

* No actual standards for long hurdles or steeplechase races, however, only entries from athletes with proven Power of 10 performances will be accepted.