

South West Inter-County Elite Standards

Event
100m
200m
300m
400m
800m
1500m
3000m
5000m
70m Hurdles
75m Hurdles
80m Hurdles
100m Hurdles
110m Hurdles
300m Hurdles
400m Hurdles
1500m Steeplechase
2000m Steeplechase
High Jump
Long Jump
Triple Jump
Pole Vault
Shot
Discus
Javelin
Hammer

Girls Elite Standards					
U13G	U15G	U17W	U20W	SW	
14.1	13.2	12.9	13.2	12.7	12.7
29.6	27.3	26.5	27.0	26.1	26.1
	45.0	43.1			
			60.5	60.0	60.0
2.36.1	02:25.0	2.25.0	02:24.0	02:16.0	02:16.0
5.30.4	05:05.0	5.05.0	05:06.0	04:40.0	04:40.0
	12.00.00	11.45.0			
			19:00.0	19:16.0	19:16.0
12.7					
	12.6				
		13.3			
			17.8	17.4	17.4
		50.0			
			74.0	70.5	70.5
		6.48.0			
		08:41.00	08:20.00	08:47.0	08:47.0
1.30	1.49	1.50	1.50	1.60	1.60
4.20	4.70	4.80	4.80	5.19	5.19
	9.00	9.90	9.31	10.30	10.30
2.00	2.20	2.30	2.30	2.30	2.30
7.25	9.00	9.80	8.28	9.90	9.90
18.00	23.30	22.50	23.60	28.00	28.00
18.95	25.00	25.40	25.40	27.00	27.00
	21.00	25.22	25.00	33.00	33.00

Boys Elite Standards					
U13B	U15B	U17M	U20M	SM	
13.6	12.0	11.5	11.4	11.1	11.1
28.7	24.6	23.4	23.2	22.3	22.3
	40.0				
		53.1	51.8	50.0	50.0
2.29.0	2.11.2	02:05.00	01:59.00	01:55.00	01:55.00
5.03.0	04:35.0	04:20.0	04:15.00	03:57.00	03:57.00
	10.30.0	09.05.00			
			16:30.00	15:20.00	15:20.00
15.0					
	13.0				
		15.9			
			17.0	16.5	16.5
		65.0			
		5.10.0			
			7:27.00 (3k 10.40.0)		
1.35	1.59	1.70	1.70	1.85	1.85
4.45	5.20	5.78	5.90	6.50	6.50
	9.00	11.74	11.60	12.70	12.70
	2.20	2.70	2.95	3.60	3.60
7.75	10.50	10.80	10.10	12.00	12.00
15.50	26.90	30.90	27.20	37.00	37.00
24.60	33.30	40.20	40.00	50.00	50.00
		24.00	30.00	37.00	37.00

Event
High Jump
Pole Vault

Girls Opening Heights					
U13G	U15G	U17W	U20W	SW	
1.15	1.25	1.30	1.30	1.40	1.40
		2.00	2.00	2.00	2.00

Boys Opening Heights					
U13B	U15B	U17M	U20M	SM	
1.20	1.40	1.50	1.50	1.65	1.65
		2.40	2.65	2.80	2.80