



AAA

STANDARDS SCHEME

2013-2014

THE COMMON STANDARDS SCHEME

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The agreement reached in 1996 between representatives of the AAA of England and the Celtic Countries in respect of the recognition of common Track and Field Standards essentially remains in force. The performances listed hereunder apply to all British Athletics, irrespective of whether any Country intends, or not, to make Certificates and/or Badges available to their athletes.

With the advent of data bases of performances it has been decided to completely revise the standards tables every two years and to introduce standards for events which appear in the Power of 10 database. The method of revising the tables has been to look at the total number of performances recorded in the database and to try to pitch the standards such that the top 7.5% of performances would attain a grade 1 standard; the top 15% of performances a grade 2 standard; the top 30% a grade 3 standard; the top 65% a grade 4 standard. Some events viz Under 13 Boys Pole Vault and indoor 60mH, Under 13 Girls Pole Vault, Senior Women's 3K S/C and Junior Women's 5K., have been removed due to there being insufficient data on which to base a realistic standard, i.e. performances by less than 50 individuals Whilst the walks are not included in the Power of 10 their standards have been retained in the hope that more performances will be forthcoming.

The Standards for Senior athletes are for guidance only as there are no badges available for that age group. It is recognised that this is the area where performances seem to be decreasing but perhaps this is due to the larger participation in area leagues rather than a diminishing performance at the top levels – international and elite.

In the previous tables indoor 60 metres and 60 metres Hurdles standards were fixed with two decimal places as most indoor competition now has the advantage of photo finish.

Any queries on this Scheme should be addressed to Edwin Bellamy, 17 Parkdale, Barton upon Humber DN18 5EQ.

Telephone: 01652 633422. E-mail: ebellath@aol.com

AAA STANDARDS SCHEME

This Association will for the 2013 & 2014 Seasons, use the COMMON STANDARDS SCHEME incorporating the revisions referred to above. All the applicable Standards are listed in the following pages. Badges are available for the FOUR Grades in the UNDER 17, UNDER 15 and UNDER 13 AGE GROUPS and THREE Grades in the UNDER 20 AGE GROUP, as defined by UK Athletic Rules.

The performance to be recognised must be achieved in the actual category of competition at 1) National, Territorial and County Championships; 2) League competitions, Open Meetings and Inter-Club Trophy Meetings; 3) at other approved meetings; and 4) at ESAA National, Regional and County Championships.

Certificates, which are issued free, give details of addresses from which Athletes may obtain Badges at a cost of **£2.00 PLUS SELF ADDRESSED STAMPED ENVELOPE** for return of Badge. Clubs are encouraged to make bulk applications for their athletes. In addition badges may be obtained by e-mail application paying into the Association's Paypal account in which case an extra £1 per transaction will be added to cost of badge/s to cover Paypal charges and postage and packing. The e-mail address for such applications is Badgesat17@aol.com and should include the badge/s required together with a name and address to which the badge/s are to be sent. Blank certificates can be downloaded from a number of websites or sent electronically by the Honorary Standards Officer.

1. The Standards set for ALL FIELD EVENTS in EACH AGE GROUP are based on the use of the implement weights and specifications as detailed under UK Athletic Rules. Standards are not set for the use of 'under' or 'over' weight implements. Similarly Standards for Hurdle/Steeplechase events are based on the use of Hurdles/Barriers to the heights and spacings as defined by UK Athletic Rules.
2. Standards may be obtained for ALL Indoor Events additional to the 60 metres and 60m Hurdles using the relevant outdoor tables.
3. Standards may be obtained in each or every single event contained within any Combined-Event competition.
4. Although Standards are listed for SENIORS it is NOT the intention to make BADGES available for this Age Group. They are included for use by Leagues etc.

Queries on the scheme may be addressed to the AAA Hon. Standards Officer, Edwin Bellamy, 17 Parkdale, Barton upon Humber DN18 5EQ. Telephone: 01652 633422. E-mail: ebellath@aol.com ; or to the Midland Counties AA at their registered HQ address as below.

Midland Counties AA *Alexander Stadium, Walsall Road, Perry Barr, Birmingham B42 2LR*

Northern Athletics *E.S.BELLAMY, 17 Parkdale, Barton-upon-Humber. DN18 5EQ*

Standards for Men and Boys 2013-14

*Improved standard, # reduced standard; ^ new event

Senior Men

Event	Grade 1	Grade 2	Grade 3
100 metres	10.8 sec	11.0 sec	11.1 sec *
200 metres	21.7 sec *	22.1 sec *	22.4 sec *
400 metres	48.5 sec	49.4 sec	50.3 sec
800 metres	1 min 51.7 sec	1 min 53.9 sec #	1 min 59.7 sec #
1,500 metres	3 min 48.5 sec	3 min 54.0 sec	3 min 59.5 sec
3,000 metres	8 min 19 .5 sec	8 min 29.0 sec *	8 min 45.0 sec
5,000 metres	14 min 24.0 sec *	14 min 45.0 sec *	15min 15.5 sec *
10,000 metres	29min 57.0 sec #	30 min 47.0 sec #	31min 35.0 sec
3000 metres Steeplechase	9min 04.0 sec *	9 min 34.0 sec *	9 min 52.5 sec *
110 metres Hurdles	14.3 sec *	14.8 sec *	15.5 sec *
400 metres Hurdles	52.4 sec *	54.6 sec *	57.1 sec
High Jump	2.01 metres *	1.95 metres	1.88 metres *
Pole Vault	4.70 metres	4.40 metres	3.90 metres #
Long Jump	7.00 metres	6.75 metres	6.45 metres #
Triple Jump	14.50 metres *	13.70 metres	13.00 metres
Shot	14.20 metres	13.10 metres #	12.20 metres *
Discus	45.50 metres #	40.85 metres *	37.30 metres *
Hammer	55.80 metres *	48.90 metres *	41.90 metres *
Javelin	59.00 metres *	53.65 metres *	47.85 metres #
Decathlon	7440 points	7240 points *	6735 points *
3,000 metres Walk	12 min 50.0 sec	13 min 15 .0 sec	14 min 00.0 sec
5,000 metres Walk	21 min 25.0 sec	22min 25.0 sec	23 min 05.0 sec
10,000 metres Walk	44 min 20.0 sec	46 min 50.0 sec	48 min 35.0 sec

Indoor

60 metres	6.85 sec	6.95 sec *	7.05 sec
60 metres Hurdles	7.85 sec *	8.05 sec *	8.25 sec *

Under 20 Men (Junior)

Event	Grade 1	Grade 2	Grade 3
100 metres	10.8 sec *	11.0 sec *	11.2 sec *
200 metres	22.1 sec	22.3 sec *	22.7 sec
400 metres	49.1 sec *	50.1 sec	51.1 sec
800 metres	1 min 54.0 sec	1 min 55 .5 sec	1 min 58.0 sec
1,500 metres	3 min 53.5 sec *	3 min 57.5 sec*	4 min 03.5 sec
3,000 metres	8 min 29.5 sec #	8 min 39.0 sec #	8 min 53.0 sec #
5,000 metres	14 min 28.5 sec *	14 min 57.5 sec #	15 min 36.5 sec #
2,000 metres Steeplechase	6 min 10.0 sec *	6 min 20.5 sec #	6 min 34.0 sec #
110 metres Hurdles	14.3 sec *	14.9 sec	15.6 sec #
400 metres Hurdles	55.1 sec *	56.0 sec *	58.0 sec
High Jump	1.98 metres #	1.95 metres	1.85 metres #
Pole Vault	4.55 metres #	4.30 metres #	3.95 metres #
Long Jump	6.85 metres #	6.65 metres #	6.40 metres *
Triple Jump	14.15 metres #	13.55 metres #	12.85 metres #
Shot	14.00 metres #	13.45 metres #	12.80 metres*
Discus	44.05 metres #	41.65 metres *	37.40 metres *
Hammer	64.35 metres *	55.85 metres *	50.15 metres *
Javelin	55.20 metres #	51.20 metres *	45.95 metres #
3,000 metres Walk	13 min 00.0 sec	14 min 00.0 sec	14 min 45.0 sec
5,000 metres Walk	21 min 40.0 sec	22 min 45.0 sec	23 min 30 .0 sec

10,000 metres Walk	45 min 10.0 sec	47 min 35.0 sec	49 min 10.0 sec
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Indoor

60 metres	7.00 sec	7.10 sec #	7.20 sec
60 metres Hurdles	8.00 sec	8.15 sec #	8.40 sec #

Under 17 Men

Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	11.2 sec	11.3 sec *	11.5 sec	11.8 sec
200 metres	22.7 sec *	23.0 sec *	23.5 sec	24.1 sec
400 metres	51.0 sec	52.0 sec #	53.0 sec #	54.4 sec
800 metres	1 min 58.0 sec #	2 min 00.0 sec #	2 min 02.5 sec #	2 min 06.5 sec
1,500 metres	4min 04.0 sec *	4 min 08.5 sec*	4 min 15.5 sec *	4 min 26.0 sec *
3,000 metres	8 min 51.0 sec #	9 min 02 sec #	9 min 15.5 sec	9 min 42 .0 sec #
1,500 metres Steeplechase	4min 28.5 sec *	4 min 34.0 sec *	4 min 44.5 sec *	4 min 58.5 sec *
100 metres Hurdles	13.7 sec	14.0 sec	14.4 sec *	15.2 sec *
400 metres Hurdles	57.0 sec #	58.2 sec *	60.3 sec *	62.7 sec #
High Jump	1.90 metres *	1.85 metres *	1.77 metres *	1.70 metres
Pole Vault	4.10 metres *	3.90 metres *	3.50 metres	3.00 metres
Long Jump	6.35 metres #	6.20 metres	5.90 metres	5.60 metres
Triple Jump	12.90 metres #	12.55 metres	12.10 metres	11.45 metres
Shot	13.20 metres #	12.45 metres #	11.60 metres #	10.70 metres
Discus	40.90 metres #	36.65 metres #	33.25 metres *	28.50 metres *
Hammer	57.40 metres #	49.55 metres *	42.50 metres *	28.90 metres #
Javelin	51.15 metres *	47.20 metres *	43.70 metres *	38.80 metres *
Octathlon	4825 points *	4525 points *	4285 points *	3790 points *
3,000 metres Walk	14 min 50.0 sec	15 min 10.0 sec	16 min.00.0 sec	17 min 00.0 sec
5,000 metres Walk	24 min 40 sec	25 min 00.0 sec	25 min 50.0 sec	27 min 42.0 sec

Indoor

60 metres	7.15 sec	7.25 sec *	7.40 sec	7.55 sec *
60 metres Hurdles	8.25 sec *	8.40 sec *	8.60 sec #	8.95 sec #

Under 15 Boys

Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	11.7 sec	11.9 sec	12.1 sec	12.5 sec
200 metres	23.9 sec *	24.4 sec	24.8 sec *	25.6 sec
300 metres	37.4 sec ^	38.1 sec ^	38.8 sec ^	39.9 sec ^
400 metres	54.5 sec *	55.6 sec *	57.2 sec #	59.3 sec #
800 metres	2 min 06.5 sec	2 min 10.0 sec	2 min 12.9 sec *	2 min 18.5 sec
1,500 metres	4 min 23.5 sec #	4 min 29.5 sec #	4 min 35.5 sec	4 min 47.5 sec #
3,000 metres	9 min 27.5 sec #	9 min 38.0 sec #	9 min 51.5 sec #	10 min 11.5 sec #
80 metres Hurdles	12.1 sec #	12.4 sec #	12.8 sec #	13.5 sec #
High Jump	1.70 metres	1.66 metres	1.60 metres	1.54 metres #
Pole Vault	3.40 metres *	3.25 metres *	2.95 metres *	2.50 metres *
Long Jump	5.70 metres	5.50 metres #	5.30 metres #	5.00 metres
Triple Jump	11.85 metres #	11.45 metres #	11.05 metres #	10.45 metres
Shot	12.45 metres *	11.75 metres	10.95 metres	10.15 metres
Discus	36.05 metres *	32.80 metres *	30.10 metres *	25.45 metres #
Hammer	44.30 metres #	41.20 metres *	34.85 metres *	27.15 metres #
Javelin	44.00 metres *	40.50 metres *	36.65 metres #	32.60 metres #
Pentathlon	2575 points	2400 points	2160 points #	1860 points *
3,000 metres Walk	14 min 53.0 sec	15 min 45.0 sec	16 min 33.0 sec	17 min 16.0 sec

Indoor

60 metres	7.40 sec	7.50 sec *	7.65 sec	7.85 sec
60 metres Hurdles	8.90 sec #	9.00 sec #	9.15 sec #	9.45 sec #

Under 13 Boys

Event	Grade 1	Grade 2	Grade 3	Grade 4
75 metres	10.7 sec	10.9 sec	11.4 sec	12.1 sec
100 metres	12.9 sec	13.2 sec #	13.5 sec #	14.0 sec #
150 metres	20.0 sec	20.5 sec	21.5 sec	22.5 sec
200 metres	26.7 sec	27.4 sec *	28.0 sec	29.1 sec #
800 metres	2 min 22.0 sec	2 min 25.7 sec #	2 min 29.0 sec *	2 min 34.5 sec
1,500 metres	4 min 50.5 sec	4 min 56.5 sec	5 min 03.5 sec	5 min 16.0 sec
75 metres Hurdles	13.1 sec	13.5 sec #	14.1 sec #	15.3 sec #
High Jump	1.45 metres	1.40 metres	1.35 metres	1.30 metres
Long Jump	4.70 metres	4.55 metres #	4.40 metres #	4.15 metres
Shot	9.50 metres #	8.85 metres #	8.15 metres *	7.20 metres *
Discus	25.15 metres #	22.55 metres #	19.75 metres *	16.00 metres #
Javelin	31.00 metres #	28.00 metres #	25.70 metres	21.55 metres *
2,000 metres Walk	10 min 48.0 sec	11 min 15.0 sec	11 min 50.0 sec	12 min 30.0 sec
Indoor				
60 metres	8.15 sec #	8.30 sec	8.40 sec *	8.60 sec

Standards for Women and Girls 2013-14

*Improved standard, # reduced standard; ^ new event

Senior Women

Event	Grade 1	Grade 2	Grade 3
100 metres	12.2 sec	12.4 sec	12.7 sec
200 metres	24.7 sec *	25.2 sec	25.8 sec *
400 metres	56.0 sec *	57.3 sec *	59.1 sec *
800 metres	2 min 09.3 sec	2 min 13.3 sec #	2 min 17.6 sec #
1,500 metres	4 min 27.5 sec	4 min 34 sec	4 min 43.0 sec #
3,000 metres	9 min 38.0 sec *	9 min 57.0 sec *	10 min 23.0 sec #
5,000 metres	15 min 49.5 sec #	16 min 24.5 sec #	17 min 06.5 sec #
10,000 metres	32 min 36.0 sec *	33 min 16.0 sec *	35 min 18.0 sec *
1,500 metres Steeplechase	5 min 26.0 sec	5 min 35.0 sec	5 min 45.0 sec
2,000 metres Steeplechase	6 min 56.0 sec *	7 min 13.0 sec *	7 min 34.0 sec #
100 metres Hurdles	13.9 sec	14.4 sec *	15.1 sec *
400 metres Hurdles	60.7 sec *	63.9 sec *	66.2 sec *
High Jump	1.70 metres #	1.65 metres #	1.60 metres #
Pole Vault	3.65 metres	3.50 metres *	3.10 metres
Long Jump	5.75 metres	5.55 metres *	5.45 metres *
Triple Jump	11.70 metres*	11.15 metres *	10.65 metres
Shot	11.80 metres *	11.05 metres*	10.10 metres *
Discus	40.50 metres *	37.65 metres *	33.20 metres *
Hammer	50.85 metres *	44.55 metres #	39.00 metres *
Javelin	40.55 metres #	36.00 metres *	32.15 metres #
Heptathlon	5440 points *	5225 points *	4460 points *
3,000 metres Walk	14 min 50.0 sec	15 min 20.0 sec	15 min 40.0 sec
5,000 metres Walk	24 min 30.0 sec	26 min 00.0 sec	26 min 50.0 sec
10,000 metres Walk	53 min 00.0 sec	58 min 00.0 sec	61 min 00.0 sec
Indoor			
60 metres	7.70 sec	7.85 sec	8.05 sec
60 metres Hurdles	8.45 sec *	8.70 sec *	8.90 sec

Under 20 Women (Junior)

Event	Grade 1	Grade 2	Grade 3
100 metres	12.1 sec *	12.3 sec *	12.6 sec *

200 metres	24.7 sec *	25.3 sec *	25.8 sec*
400 metres	56.7 sec *	58.2 sec	59.8 sec
800 metres	2 min 10.0 sec *	2 min 12.8 sec *	2 min 17.0 sec #
1,500 metres	4 min 27.0 sec *	4 min 34.0 sec	4 min 41.5 sec
3,000 metres	9 min 49.5 sec #	10 min 01.5 sec #	10 min 29.5 sec #
1,500 metres Steeplechase	5 min 08.5 sec *	5 min 13.5 sec *	5 min 34.5 sec #
2,000 metres Steeplechase	7 min 04.5 sec	7 min 13.5 sec	7 min 29.0 sec
100 metres Hurdles	14.2 sec *	14.5 sec *	15.3 sec *
400 metres Hurdles	62.0 sec *	65.4 sec #	67.2 sec *
High Jump	1.73 metres *	1.69 metres	1.61 metres
Pole Vault	3.70 metres *	3.55 metres *	3.25 metres *
Long Jump	5.65 metres #	5.45 metres #	5.25 metres
Triple Jump	11.50 metres #	11.10 metres *	10.65 metres
Shot	11.55 metres *	10.80 metres *	9.85 metres *
Discus	39.50 metres *	36.60 metres *	32.70 metres *
Hammer	51.75 metres *	45.65 metres *	39.95 metres *
Javelin	42.15 metres *	39.10 metres *	33.95 metres *
Heptathlon	5225 points *	4635 points *	4080 points #
3,000 metres Walk	15 min 40.0 sec	16 min 20.0 sec	17 min 00.0 sec
5,000 metres Walk	26 min 25.0 sec	27 min 30.0 sec	28 min 35.0 sec
10,000 metres Walk	55 min 50.0 sec	58 min 00.0 sec	60 min 10.0 sec

Indoor

60 metres	7.70 sec	7.90 sec #	8.00 sec *
60 metres Hurdles	8.70 sec *	8.85 sec *	9.10 sec *

Under 17 Women

Event	Grade 1	Grade 2	Grade 3	Grade 4
100 metres	12.4 sec	12.6 sec	12.8 sec	13.1 sec
200 metres	25.6 sec #	26.0 sec #	26.4 sec #	27.0 sec *
300 metres	41.3 sec *	42.0 sec	42.9 sec *	44.4 sec
400 metres	58.6 sec	59.5 sec	60.2 sec	62.0 sec
800 metres	2 min 14.4 sec *	2 min 17 .5 sec	2 min 20.1 sec *	2 min 25.9 sec
1,500 metres	4 min 37.5 sec *	4 min 44.5 sec *	4min 53.0 sec *	5 min 04.1 sec *
3,000 metres	10 min 12.5 sec #	10 min 25.0 sec *	10 min 52.0 sec #	11min 22.5 sec *
1500m Steeplechase	5 min 29.0 sec ^	5 min 43.0 sec ^	5 min 57.5 sec ^	6 min 28.5 sec ^
80 metres Hurdles	11.9 sec *	12.1 sec *	12.5 sec *	13.2 sec
300 metres Hurdles	45.2 sec *	45.8 sec *	47.6 sec *	50.2 sec #
High Jump	1.65 metres	1.60 metres #	1.55 metres	1.50 metres
Pole Vault	3.50 metres *	3.30 metres *	2.90 metres	2.52 metres *
Long Jump	5.35 metres	5.25 metres *	5.10 metres *	4.80 metres *
Triple Jump	10.95 metres *	10.55 metres #	10.10 metres	9.50 metres *
Shot	9.95 metres	9.40 metres *	8.65 metres #	7.80 metres
Discus	34.60 metres *	31.20 metres #	27.40 metres #	23.20 metres #
Hammer	40.40 metres *	37.15metres *	29.95 metres #	23.25 metres *
Javelin	35.55 metres #	32.50 metres #	28.80 metres #	24.95 metres *
Heptathlon	4135 points #	3965 points *	3695 points #	3175 points *
3,000 metres Walk	15 min 48.0 sec	16 min 00.0 sec	16 min 13.0 sec	17 min 42.0 sec
5,000 metres Walk	26 min 25.0 sec	26 min 40.0 sec	27 min 04.0 sec	29 min 25.0 sec
Indoor				
60 metres	7.90 sec #	8.05 sec #	8.20 sec #	8.35 sec
60 metres Hurdles	9.00 sec #	9.20 sec #	9.35 sec	9.80 sec

Under 15 Girls

Event	Grade 1	Grade 2	Grade 3	Grade 4
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100 metres	12.8 sec	13.0 sec #	13.2 sec #	13.5 sec
200 metres	26.5 sec #	26.9 sec #	27.3 sec #	28.0 sec
800 metres	2 min 19.4 sec *	2 min 22.3 sec *	2 min 25.9 sec *	2 min 31.0 sec
1,500 metres	4 min 48.2 sec *	4 min 54.5 sec *	5min 01.8 sec *	5 min 14.7 sec*
3,000 metres	10 min 20.0 sec *	10 min 30.6 sec *	11 min 02.0 sec *	11 min 38.5 sec *
75 metres Hurdles	12.2 sec #	12.4 sec #	12.8 sec #	13.5 sec #
High Jump	1.56 metres *	1.51 metres *	1.49 metres *	1.40 metres
Pole Vault	3.05 metres *	2.85 metres *	2.60 metres *	2.20 metres
Long Jump	5.00 metres	4.85 metres	4.70 metres	4.45 metres
Shot	9.80 metres #	9.25 metres *	8.60 metres	7.90 metres *
Discus	27.55 metres *	25.10 metres *	22.55 metres *	19.65 metres
Hammer	42.60 metres *	38.90 metres *	34.20 metres *	24.50 metres *
Javelin	28.75 metres #	26.40 metres *	23.85 metres	20.35 metres #
Pentathlon	2740 points *	2610 points *	2355 points #	1820 points #
2,500 metres Walk	13 min 35.0 sec	14 min 00.0 sec	14 min 30.0 sec	16 min 10.0 sec
3,000 metres Walk	16 min 15.0 sec	16 min 45.0 sec	17 min 20.0 sec	19 min 20.0 sec
Indoor				
60 metres	8.20 sec #	8.30 sec #	8.45 sec	8.80 sec #
60 metres Hurdles	9.45 sec #	9.65 sec #	9.85 sec #	10.20 sec #

Under 13 Girls

Event	Grade 1	Grade 2	Grade 3	Grade 4
75 metres	10.4 sec	10.6 sec	10.9 sec	11.3 sec
100 metres	13.6 sec	13.8 sec	14.1 sec	14.5 sec
150 metres	20.7 sec #	21.1 sec #	21.7 sec #	22.4 sec
200 metres	28.4 sec #	29.0 sec	29.6 sec	30.7 sec*
600 metres	1 min 45.4 sec ^	1 min 47.7 sec ^	1 min 50.0 sec ^	1 min 52.6 sec ^
800 metres	2 min 29.0 sec *	2 min 31.9 sec #	2 min 35.1 sec *	2 min 41.0 sec
1200 metres	3 min 56.6 sec *	4 min 00.0 sec *	4min 06.3 sec *	4 min 13.7 sec *
1500 metres	5 min 05.9 sec #	5 min 10.7 sec *	5 min 21.0 sec #	5 min 35.8 sec *
70 metres Hurdles	11.9 sec *	12.2 sec *	12.7 sec *	13.3 sec *
High Jump	1.40 metres	1.35 metres	1.30 metres	1.24 metres #
Long Jump	4.50 metres *	4.35 metres	4.20 metres	3.95 metres
Shot	8.50 metres *	7.85 metres	7.25 metres #	6.50 metres #
Discus	22.15 metres *	20.44 metres *	18.20 metres *	14.50 metres #
Javelin	24.60 metres #	22.25 metres #	18.95 metres #	15.35 metres #
Pentathlon	2185 points #	2080 points #	1945 points #	1665 points #
2,000 metres Walk	11 min 30.0 sec	11 min 50.0 sec	12 min 40.0 sec	13 min 20.0 sec
2,500 metres Walk	14 min 35.0 sec	14 min 55.0 sec	15 min 55.0 sec	16 min 45.0 sec
Indoor				
60 metres	8.45 sec *	8.70 sec *	8.85 sec	9.10 sec *