

# 2017 U19 Matrix Standards

<b>MEN</b>		
	<b>18</b>	<b>17</b>
<b>100</b>	10.45	10.54
<b>200</b>	21.07	21.21
<b>400</b>	46.86	47.31
<b>800</b>	01:48.9	01:50.4
<b>1500</b>	03:45.7	03:49.5
<b>3000</b>		08:22.4
<b>5000</b>	14:02.6	
<b>3000sc</b>	09:04.6	
<b>2000sc</b>		05:52.4
<b>110H</b>	13.84 (99cm)	13.82 (91cm)
<b>400H</b>	52.17	52.74 (84cm)
<b>HJ</b>	2.14	2.10
<b>PV</b>	5.05	4.85
<b>LJ</b>	7.54	7.40
<b>TJ</b>	15.57	15.19
<b>SP</b>	18.07	19.11 (5kg)
<b>DT</b>	55.25 (1.75kg)	57.63 (1.5kg)
<b>HT</b>	68.53 (6kg)	70.50 (5kg)
<b>JT</b>	68.96	71.49 (700g)
<b>Dec</b>	6930 (U20)	6891 (U18)
<b>10,000m W</b>	43:41.3	45:10.6

<b>WOMEN</b>		
	<b>18</b>	<b>17</b>
<b>100</b>	11.62	11.69
<b>200</b>	23.81	23.89
<b>400</b>	53.82	54.30
<b>800</b>	02:06.4	02:07.5
<b>1500</b>	04:20.8	04:24.0
<b>3000</b>	09:23.5	09:28.7
<b>5000</b>	16:19.4	
<b>3000sc</b>	10:36.8	
<b>2000sc</b>		06:44.7
<b>100H</b>	13.76	13.73 (76cm)
<b>400H</b>	59.48	60.08
<b>HJ</b>	1.80	1.79
<b>PV</b>	4.00	3.85
<b>LJ</b>	6.14	6.07
<b>TJ</b>	12.91	12.73
<b>SP</b>	14.62	15.97 (3kg)
<b>DT</b>	49.14	47.25
<b>HT</b>	57.66	63.86 (3kg)
<b>JT</b>	50.54	51.06 (500g)
<b>Hep</b>	5091	4961 (U18)
<b>10,000m W</b>	50:18.3	
<b>5,000m W</b>		24:13.8

\* Age calculated as of 31st December

Athletes born in 1999 & 2000 are eligible

Performances must be achieved from 1st October 2016

Performances in 100m, 200m, 100/110mH, LJ & TJ must be accompanied by a wind reading

Wind assisted performances (over 2.0m/s) will not be accepted

Implement specifications are open weights/heights unless otherwise specified

