



# Thames Valley Regional Athletics T.V.R.A.

## TRACK & FIELD

### TVRA EVENT STANDARDS

#### GIRLS

#### BOYS

Event	Novice	Junior	Senior	Novice	Junior	Senior
100m	15.00s	14.85s	14.70s	13.00s	12.75s	12.50s
200m	33.00s	32.75s	32.50s	28.75s	27.25s	26.25s
400m	1:18min	1:14min	1:10min	1:04min	1:02min	1:00min
Sp Hurdle	19.00s	19.00s	23.00s	20.00s	20.00s	22.00s
Long Hurdle	1:06min	1:02min	1:30min	1:00min	55.00s	1:22min
800m	3:10min	3:00min	3:00min	2:45min	2:35min	2:25min
1500m	6:45min	6:35min	6:30min	6:00min	5:25min	5:15min
3000m	15:00min	14:30min	14:15min	13:00min	12min	11:20min
Steeplechase			10:30min			8:30min
Long Jump	3.20m	3.40m	3.60m	4.00m	4.50m	5.00m
Triple Jump	8.00m	8.50m	8.50m	9.00m	9.50m	10.00m
High Jump	1.25m	1.30m	1.35m	1.40m	1.50m	1.60m
Pole Vault	1.50m	1.60m	1.80m	1.80m	2.00m	2.20m
Shot Put	6.00m	6.50m	6.25m	9.50m	10.00m	10.50m
Disc	15.00m	15.50m	18.50m	24.00m	25.50m	28.00m
Javelin	15.50m	16.50m	18.00m	20.00m	21.50m	33.00m