

SUMMARY ANB ADSP Female Standards for 2025-2029

WOMEN	U18 Perf	U20 Dev	U20 Perf	U20 HP	U23 Dev	U23 Perf	U23 HP	SR Dev	SR Perf	SR HP
100m	13.17	13.38	12.78	12.22	12.45	12.26	11.96	12.83	12.24	11.68
200m	26.80	27.65	26.42	25.26	25.44	24.98	24.65	26.46	25.24	24.08
300m										
400m	61.99	63.51	60.31	57.28	58.01	56.79	55.85	60.58	57.39	54.38
800m	02:23.82	02:27.70	02:20.62	02:13.98	02:15.13	02:12.59	02:11.44	02:21.76	02:14.80	02:08.23
1200m										
1500m	04:55.95	05:09.97	04:54.13	04:39.11	04:42.10	04:34.74	04:29.01	04:52.62	04:36.69	04:21.67
2000m										
3000m	10:48.45	11:15.30	10:39.37	10:05.28						
5000m		19:37.24	18:33.70	17:33.43	18:18.19	17:49.67	16:30.85	18:07.69	17:02.55	16:00.58
10,000m					37:43.93	36:39.55	35:03.78	38:32.79	36:11.79	33:58.85
Marathon					2:59:57	2:53:55	2:42:44	3:01:41	2:48:50	2:35:30
80m H										
100m H	15.75	16.50	15.57	14.69	16.04	14.75	14.20	15.58	14.64	13.77
200m H										
400m H	68.99	71.28	67.22	63.44	67.37	63.21	01:00.96	66.99	62.93	59.08
1500m SC										
2000m SC	07:51.29									
3000m SC		12:53.3	12:02.72	11:14.74	11:39.62	11:16.27	10:49.33	12:04.64	11:13.38	10:25.51
HJ	1.45	1.49	1.60	1.71	1.57	1.62	1.75	1.59	1.70	1.81
LJ	4.96	4.72	5.20	5.69	5.05	5.43	5.86	5.12	5.62	6.11
TJ	10.27	9.86	10.88	11.88	10.72	11.28	12.68	11.05	12.14	13.21
PV	2.93	3.07	3.40	3.72	3.20	3.31	3.94	3.43	3.77	4.11
SP	11.95	10.32	11.71	13.12	11.22	11.93	15.37	12.91	14.55	16.19
DT	30.84	34.36	39.07	43.78	33.84	37.55	51.47	43.18	48.69	54.25
JT	37.48	35.29	40.14	44.98	34.01	38.87	50.46	42.32	47.75	53.17
HT	43.25	40.72	46.28	51.84	36.81	44.96	58.18	48.78	55.07	61.29
Heptathlon	3422	3860	4359	4850	3794	4363	5166	4375	4902	5424

SUMMARY ANB ADSP Male Standards for 2025-2029

MEN	U18 Perf	U20 Dev	U20 Perf	U20 HP	U23 Dev	U23 Perf	U23 HP	Sen Dev	Sen Perf	Sen HP
100m	11.89	11.60	11.23	10.88	11.12	10.95	10.68	11.23	10.86	10.51
200m	23.70	23.59	22.77	22.00	22.39	21.98	21.61	22.82	22.00	21.23
300m										
400m	53.43	52.53	50.71	48.99	49.84	49.10	48.33	51.00	49.19	47.48
800m	02:04.53	02:02.20	01:58.03	01:54.16	01:54.33	01:53.43	01:52.04	01:58.11	01:54.02	01:50.12
1200m										
1500m	04:18.43	04:13.79	04:04.73	03:56.22	04:04.20	03:57.29	03:50.94	04:04.38	03:55.31	03:46.76
2000m										
3000m	09:22.16	09:09.03	08:49.05	08:30.09						
5000m		15:48.53	15:14.89	14:42.95	15:20.93	15:02.93	14:12.14	15:03.36	14:28.60	13:55.83
10,000m					32:10.72	31:16.36	29:23.72	31:24.63	30:02.82	28:45.70
Marathon					2:31:14	2:26:37	2:19:55	2:27:34	2:23:36	2:14:08
100m H										
110m H	16.18	15.91	15.22	14.58	16.58	15.27	14.28	15.29	14.61	13.97
200m H (76cm)										
400m H	61.06	59.33	56.84	54.59	58.96	56.08	53.00	56.69	54.18	51.83
1500m SC (76cm)										
2000m SC	06:40.25									
3000m SC		10:21.90	09:54.34	09:28.71	09:53.92	09:33.05	09:01.54	09:43.05	09:14.80	08:45.12
HJ	1.79	1.79	1.92	2.04	1.83	1.93	2.09	1.90	2.03	2.15
LJ	6.09	6.09	6.58	7.07	6.32	6.62	7.25	6.49	7.00	7.50
TJ	12.40	12.64	13.62	14.59	12.74	13.51	15.16	13.62	14.65	15.67
PV	3.72	3.96	4.34	4.73	3.46	4.12	4.92	4.32	4.72	5.12
SP	13.40	13.10	14.80	16.52	12.14	13.30	17.41	14.70	16.51	18.30
DT	40.47	39.79	45.22	50.58	38.00	41.31	53.42	44.83	50.52	56.25
JT	46.86	48.58	55.25	61.91	46.45	53.10	68.19	57.23	64.52	71.86
HT	47.33	48.14	54.78	61.33	36.50	45.38	65.74	55.10	62.17	69.23
Decathlon	5277	5154	5814	6469	5128	5529	7360	6238	6988	7731