

Gothenburg 2019 – Standards

Event	U13G	U13B	U15G	U15B	U17W	U17M	U20W +	U20M+
60m	9.30	8.70	9.00	8.70	8.50	7.70	8.50	7.50
75m	11.50							
100m	14.80	14.20	13.70	12.70	13.30	12.00	13.30	11.70
150m	23.00							
200m	31.50	29.75	28.50	26.25	27.50	24.50	27.20	23.80
300m/400m			47.00	44.00	45.50	55.50	65.00	54.00
600m	1.55.0							
800m	2.45.0	2.38.0	2.35.0	2.22.0	2.30.0	2.10.0	2.27.0	2.06.0
1500m	4.59.5	5.25.0	5.25.0	4.55.0	5.15.0	4.35.0	5.07.0	4.25.0
3000m			12.30.0	10.30.0	12.00.0	10.00.0	11.45.0	9.40.0
5000m							20.00.0	17.00.0
60mH	11.00	11.00	10.50	9.60	10.30	9.30	10.30	9.30
Sprint Hurdles	14.00	16.00	14.10	14.00	13.70	16.00	18.00	18.50
Long Hurdles					52.00	65.00	75.00	64.00
High Jump	1.20	1.25	1.36	1.50	1.45	1.65	1.50	1.70
Long Jump	3.80	4.00	4.30	4.80	4.60	5.40	4.65	5.70
Triple Jump			8.50	10.00	9.00	11.00	9.25	11.50
Shot	6.00	6.50	7.40	9.50	8.50	10.00	7.60	10.00

Javelin, discus and hammer standards are set by the organisers and detailed on the pdf link

To qualify for travel assistance, we expect all athletes to compete in at least two events in Gothenburg and should have achieved one standard or be close to two standards in any events on this list. The events listed are not necessarily those they will compete in at the games.

There is an age restriction for travel assistance. Athletes must be at least 2nd year U13 this season.

Coaches who regularly work with a VP-Glasgow group will also be eligible for assistance.

Club vest must be worn while competing in Gothenburg.