

ESAA Standards

Age Group	Event	NS	ES	CS	BP	BP year	CR	CR year
JB	100m	11.40	11.80	12.30			10.93	1997
JB	200m	23.40	24.20	25.30	22.03	2001	22.2	1986
JB	400m	52.60	54.50	56.90			49.98	1998
JB	800m	2:04.00	2:08.00	2:13.00			1:56.1	1986
JB	1500m	4:17.00	4:22.00	4:36.00			4:03.6	1979
JB	80m Hurdles	11.60	12.20	12.90	10.73	2001	10.75	2002
JB	4x100m relay	46.30	47.50	49.40			43.51	2005
JB	High Jump	1.78	1.72	1.60			1.96	2005
JB	Long Jump	5.95	5.70	5.45	6.70	1988	6.68	1999
JB	Triple Jump	12.40	12.00	11.45	13.92	1978	13.86	1987
JB	Pole Vault	3.15	2.85	2.55			4.30	1988
JB	Shot	13.30	12.30	11.20			18.29	2006
JB	Discus	38.00	34.00	30.50			54.54	2005
JB	Javelin	46.00	43.00	39.00			54.65	2003
JB	Hammer	44.00	37.00	31.00			70.78	1982
IB	100m	11.00	11.20	11.70	10.44	1996	10.54	1998
IB	200m	22.40	22.80	24.00	21.32	1994	21.44	2003
IB	400m	50.00	51.30	53.40			47.18	2006
SB	100m	10.90	11.10	11.50	10.37	1993	10.4	1980
SB	200m	22.00	22.30	23.30	20.9	1977	20.98	2005
SB	400m	48.80	49.30	52.50			46.26	1995
JG	100m	12.60	12.80	13.30			11.58	2005
JG	200m	25.70	26.40	27.60	23.6	1977	24.0	1989
JG	800m	2:17.00	2:20.00	2:29.00			2:08.7	1986
JG	1500m	4:44.00	4:52.00	5:10.00			4:27.70	2003
JG	75m Hurdles	11.50	11.90	12.80	10.7	1990	10.99	2005
JG	4x100m Relay	50.50	52.00	53.40			48.1	1979
JG	High Jump	1.61	1.55	1.45			1.77	1986
JG	Long Jump	5.20	5.05	4.65			6.22	1983
JG	Shot	10.70	10.00	9.10			13.92	1979
JG	Discus	30.00	27.00	23.00			39.58	1988
JG	Javelin	32.00	29.00	25.50			40.97	2001
IG	100m	12.30	12.60	13.00	11.50	1994	11.81	2004
IG	200m	25.20	26.00	27.00	23.6	1983	23.62	2000
IG	300m	40.50	41.60	44.80			38.35	2000
SG	100m	12.20	12.50	13.00	11.5	1980 / 1990	11.59	1995
SG	200m	25.00	25.80	26.50	23.1	1977	23.4	1984
SG	400m	57.00	58.80	61.00			54.33	2006