

ESAA Standards 2025



Junior Group U15 years (Year 9)

BOYS	National	Entry	County	District	School
100 metres	11.4s	11.6s	12.2s	12.5s	13.0s
*200 metres	23.3s	23.8s	24.8s	25.6s	27.0s
300 metres	36.8s	38.0s	40.0s	42.0s	45.0s
800 metres	2m 02s	2m 05s	2m 13s	2m 20s	2m 27s
*1500 metres	4m 13s	4m 19s	4m 36s	4m 50s	5m 05s
80m Hurdles	11.7s	12.1s	12.8s	13.8s	15.0s
*Relay	45.6s	47.0s	49.5s	51.2s	53.5s
High Jump	1.78m	1.72m	1.60m	1.50m	1.45m
Pole Vault	3.30m	3.00m	2.30m	2.10m	2.00m
Long Jump	5.95m	5.80m	5.30m	5.00m	4.70m
Triple Jump	12.40m	12.00m	11.00m	10.00m	9.25m
Shot	13.30m	12.30m	10.50m	9.50m	9.00m
Discus	38.00m	35.00m	28.00m	24.00m	20.00m
Javelin	47.00m	44.00m	35.00m	30.00m	28.00m
Hammer	45.00m	38.00m	27.00m	24.00m	21.00m
Pentathlon	2800 pts				
3000m Walk	15m 30s				
*Mixed Gender Relay	47.8s	49.0s	51.8s	53.3s	55.8s
GIRLS					
100 metres	12.4s	12.7s	13.2s	13.5s	14.2s
200 metres	25.5s	26.2s	27.2s	28.0s	30.0s
300 metres	41.0s	42.0s	44.2s	46.0s	48.0s
*800 metres	2m 14s	2m 18s	2m 26s	2m 33s	2m 50s
*1500 metres	4m 38s	4m 46s	5m 03s	5m 20s	5m 55s
*75m Hurdles	11.5s	11.9s	12.5s	13.5s	14.1s
*Relay	50.0s	51.0s	54.0s	55.4s	58.0s
High Jump	1.62m	1.56m	1.45m	1.40m	1.30m
Pole Vault	3.00m	2.70m	2.00m	1.80m	1.70m
*Long Jump	5.35m	5.10m	4.70m	4.40m	4.10m
Shot	11.20m	10.60m	9.00m	8.00m	7.00m
Discus	30.00m	27.00m	22.00m	19.00m	18.00m
*Javelin	35.00m	33.00m	28.00m	23.00m	21.00m
*Hammer	41.00m	37.00m	25.00m	21.00m	20.00m
Pentathlon	3100 pts				
3000m Walk	16m 30s				

Intermediate Group U17 years (Years 10 & 11)

BOYS	National	Entry	County	District	School
*100 metres	10.9s	11.0s	11.7s	12.0s	12.3s
*200 metres	22.2s	22.6s	23.7s	24.4s	26.0s
400 metres	49.7s	51.1s	53.5s	55.5s	59.0s
800 metres	1m 55s	1m 57s	2m 05s	2m 10s	2m 20s
*1500 metres	4m 00s	4m 04s	4m 20s	4m 30s	4m 55s
*3000 metres	8m 47s	8m 52s	9m 35s	10m 00s	10.45s
100m Hurdles	13.5s	14.0s	15.2s	16.0s	17.0s
*400m Hurdles	56.5s	58.8s	64.0s	68.0s	72.0s
*1500m Steeplechase	4m 32s	4m 37s	5m 05s	5m 20s	5m 55s
*Relay	44.0s	45.0s	47.0s	48.0s	50.0s
High Jump	1.94m	1.88m	1.70m	1.60m	1.50m
Pole Vault	4.20m	3.90m	2.80m	2.20m	2.00m
*Long Jump	6.60m	6.40m	5.80m	5.50m	5.30m
Triple Jump	13.70m	13.20m	12.00m	11.00m	10.50m
*Shot	14.20m	13.00m	11.00m	10.00m	9.50m
Discus	44.00m	41.00m	33.00m	26.00m	24.00m
Javelin	54.00m	52.00m	40.00m	33.00m	30.00m
*Hammer	53.00m	49.00m	30.00m	24.00m	20.00m
Octathlon	4800 pts				
5000m Walk	26m 00s				
*Mixed Gender Relay	46.0s	47.0s	49.8s	51.1s	53.5s
GIRLS					
100 metres	12.2s	12.5s	13.0s	13.4s	14.1s
200 metres	25.1s	25.8s	26.8s	27.5s	29.5s
*300 metres	39.8s	41.0s	43.5s	45.5s	50.0s
*800 metres	2m 12s	2m 14s	2m 25s	2m 32s	2m 47s
1500 metres	4m 35s	4m 45s	5m 00s	5m 15s	5m 50s
*3000 metres	10m 00s	10m 20s	11m 10s	12m 00s	12m 20s
80m Hurdles	11.6s	12.0s	13.0s	14.0s	15.0s
300m Hurdles	45.0s	46.4s	51.0s	54.0s	60.0s
1500m Steeplechase	5m 13s	5m 23s	5m 50s	6m 15s	6m 30s
*Relay	49.0s	50.0s	52.5s	54.2s	57.0s
High Jump	1.71m	1.65m	1.50m	1.45m	1.35m
Pole Vault	3.40m	3.10m	2.20m	1.90m	1.80m
Long Jump	5.55m	5.40m	4.90m	4.60m	4.20m
*Triple Jump	11.20m	10.90m	10.00m	9.00m	8.60m
Shot	12.70m	11.60m	10.00m	8.70m	7.75m
*Discus	36.00m	33.00m	26.00m	21.00m	20.00m
Javelin	41.00m	38.00m	30.00m	25.00m	23.00m
Hammer	53.00m	48.00m	34.00m	23.00m	20.00m
Heptathlon	4700 pts				
3000m Walk	16m 00s				

Senior Group U19 years (Years 12 & 13)

BOYS	National	Entry	County	District
*100 metres	10.8s	10.9s	11.5s	12.0s
200 metres	21.9s	22.2s	23.4s	24.4s
400 metres	48.8s	49.7s	53.0s	55.5s
800 metres	1m 52s	1m 54s	2m 02s	2m 10s
1500 metres	3m 55s	3m 58s	4m 15s	4m 30s
3000 metres	8m 33s	8m 36s	9m 20s	10m 00s
110m Hurdles	14.6s	15.3s	17.5s	18.5s
400m Hurdles	55.0s	57.5s	64.0s	68.0s
2000m Steeplechase	6m 08s	6m 18s	6m 50s	7m 15s
*Relay	43.0s	44.5s	46.5s	47.2s
High Jump	2.01m	1.95m	1.70m	1.60m
*Pole Vault	4.40m	4.10m	2.80m	2.20m
Long Jump	6.80m	6.70m	5.80m	5.50m
Triple Jump	14.20m	13.50m	12.00m	11.00m
Shot	13.70m	12.80m	10.50m	9.50m
Discus	46.00m	40.00m	30.00m	24.00m
Javelin	56.00m	52.00m	38.00m	32.00m
Hammer	58.00m	50.00m	28.00m	22.00m
Decathlon	6000 pts			
5000m Walk	25m 00s			
*Mixed Gender Relay	45.5	47.0	49.5	50.6
GIRLS				
100 metres	12.1s	12.4s	13.0s	13.4s
200 metres	25.1s	25.7s	26.8s	27.5s
400 metres	57.0s	58.3s	62.0s	65.0s
*800 metres	2m 12s	2m 14s	2m 25s	2m 32s
*1500 metres	4m 33s	4m 42s	5m 00s	5m 15s
*3000 metres	10m 00s	10m 12s	11m 10s	12m 00s
100m Hurdles	14.6s	15.3s	17.5s	18.5s
400m Hurdles	64.0s	65.5s	73.0s	76.0s
1500m Steeplechase	5m 10s	5m 17s	6m 00s	6m 15s
*Relay	48.5s	49.0s	52.5s	54.0s
High Jump	1.72m	1.66m	1.50m	1.45m
Pole Vault	3.50m	3.20m	2.20m	1.90m
*Long Jump	5.60m	5.50m	4.90m	4.60m
Triple Jump	11.40m	11.10m	10.00m	9.00m
Shot	11.40m	10.50m	9.00m	7.50m
*Discus	39.00m	35.00m	26.00m	21.00m
Javelin	40.00m	37.00m	28.00m	23.00m
*Hammer	47.00m	42.00m	30.00m	22.00m
Heptathlon	4350 pts			
5000m Walk	27m 30s			