

2026		Y8-9	4	3	2	1	Y10-11	4	3	2	1	Y12-13	4	3	2	1	4
Boys	National	Entry	County	District	School		National	Entry	County	District	School	National	Entry	County	District	School	
100	11.40	11.60	12.20	12.50	13.00	100	10.90	11.00	11.70	12.00	12.30	100	10.80	10.90	11.50	12.00	12.20
200	23.30	23.80	24.80	25.60	27.00	200	22.20	22.60	23.70	24.40	26.00	200	21.90	22.20	23.40	24.40	25.20
300	36.80	38.00	40.00	42.00	45.00	400	49.70	51.10	53.50	55.50	59.00	400	48.80	49.70	53.00	55.50	57.00
800	2.02	2.05	2.13	2.20	2.27	800	1.55	1.57	2.05	2.10	2.20	800	1.52	1.54	2.02	2.10	2.15
1500	4.13	4.19	4.36	4.50	5.05	1500	4.00	4.04	4.20	4.30	4.55	1500	3.53	3.56	4.15	4.30	4.45
80h@84cm	11.70	12.10	12.80	13.80	15.00	100h	13.50	14.00	15.20	16.00	17.00	110h	14.60	15.30	17.50	18.50	19.50
						400h	56.50	58.80	64.00	68.00	72.00	400h	55.00	57.50	64.00	68.00	72.00
						1500SC	4.32	4.37	5.05	5.20	5.55	2000SC	6.08	6.18	6.50	7.15	7.40
4x100	45.60	47.00	49.50	51.20	53.50	4x100	44.00	45.00	47.00	48.00	50.00	4x100	43.00	44.50	46.50	47.20	49.00
HJ	1.80	1.74	1.60	1.50	1.45	HJ	1.94	1.88	1.70	1.60	1.50	HJ	2.01	1.95	1.70	1.60	1.50
PV	3.30	3.00	2.30	2.10	2.00	PV	4.20	3.90	2.80	2.20	2.00	PV	4.40	4.10	2.80	2.20	2.00
LJ	5.95	5.80	5.30	5.00	4.70	LJ	6.60	6.40	5.80	5.50	5.30	LJ	6.80	6.70	5.80	5.50	5.10
TJ	12.40	12.00	11.00	10.00	9.25	TJ	14.20	13.50	12.00	11.00	10.50	TJ	14.20	13.50	12.00	11.00	10.00
SP	13.30	12.30	10.50	9.50	9.00	SP	14.20	13.00	11.00	10.00	9.50	SP	13.70	12.60	10.50	9.50	8.50
DT	38.00	35.00	28.00	24.00	20.00	DT	44.00	41.00	33.00	26.00	24.00	DT	46.00	40.00	30.00	24.00	20.00
JT	47.00	44.00	35.00	30.00	28.00	JT	54.00	52.00	40.00	33.00	30.00	JT	56.00	52.00	38.00	32.00	28.00
HT	45.00	38.00	27.00	24.00	21.00	HT	53.00	49.00	30.00	24.00	20.00	HT	58.00	50.00	28.00	22.00	18.00
Girls 100	12.40	12.70	13.20	13.50	14.20	100	12.20	12.50	13.00	13.40	14.10	100	12.10	12.40	13.00	13.40	14.10
200	25.50	26.20	27.20	28.00	30.00	200	25.10	25.80	26.80	27.50	29.50	200	25.10	25.70	26.80	27.50	29.00
300	41.00	42.00	44.20	46.00	48.00	300	39.80	41.00	43.50	45.50	47.50	400	57.00	58.30	62.00	65.00	69.00
800	2.14	2.17	2.26	2.33	2.50	800	2.12	2.14	2.25	2.32	2.47	800	2.12	2.14	2.25	2.32	2.45
1500	4.38	4.46	5.03	5.20	5.55	1500	4.35	4.43	5.00	5.15	5.50	1500	4.33	4.42	5.00	5.15	5.40
						3000	9.58	10.17	11.10	12.00	12.20	3000	9.53	10.12	11.10	12.00	12.30
75h	11.50	11.90	12.50	13.50	14.10	80h	11.60	12.00	13.00	14.00	15.00	100h	14.60	15.30	17.50	18.50	20.00
						300h	45.00	46.40	51.00	54.00	60.00	400h	64.00	65.50	73.00	76.00	79.00
						1500SC	5.13	5.23	5.50	6.15	6.30	1500SC	5.10	5.17	6.00	6.15	6.25
4x100	50.00	51.00	54.00	55.40	58.00	4x100	49.00	50.00	52.50	54.20	57.00	4x100	48.50	49.00	52.50	54.00	57.00
HJ	1.64	1.58	1.45	1.40	1.30	HJ	1.71	1.65	1.50	1.45	1.35	HJ	1.72	1.66	1.50	1.45	1.35
PV	3.00	2.70	2.00	1.80	1.70	PV	3.40	3.10	2.20	1.90	1.80	PV	3.50	3.20	2.20	1.90	1.75
LJ	5.35	5.10	4.70	4.40	4.10	LJ	5.50	5.40	4.90	4.60	4.20	LJ	5.60	5.50	4.90	4.60	4.30
						TJ	11.20	10.90	10.00	9.00	8.60	TJ	11.40	11.10	10.00	9.00	8.20
SP	11.20	10.60	9.00	8.00	7.00	SP	12.70	11.60	10.00	8.70	7.75	SP	11.40	10.50	9.00	7.50	6.50
DT	30.00	28.00	22.00	19.00	18.00	DT	36.00	33.00	26.00	21.00	20.00	DT	39.00	35.00	26.00	21.00	17.00
JT	35.00	33.00	28.00	23.00	21.00	JT	41.00	38.00	30.00	25.00	23.00	JT	40.00	37.00	28.00	23.00	19.00
HT	41.00	37.00	25.00	21.00	20.00	HT	53.00	48.00	34.00	23.00	20.00	HT	47.00	42.00	30.00	22.00	18.00
mixed gender relay	47.8	49.00	51.8	53.3	55.8	mixed gender relay	46.00	47.00	49.80	51.10	53.50	mixed gender relay	45.50	47.00	49.50	50.60	53.00

**COUNTY**  
select  
**COUNTY**  
**TEAM** for  
National  
Champs -  
up to 32  
athletes

**3**  
**COUNTY**  
select  
**COUNTY**  
**TEAM** for  
South  
West  
Champs -  
up to 120  
athletes.  
Up to 2  
events per  
athlete

**2**  
**DISTRICT**  
Consider  
you for  
**COUNTY**  
champs -  
up to 3  
events per  
athlete

**1**  
**Your**  
**SCHOOL**  
consider  
you for  
your  
**DISTRICT**  
**TRIALS** -  
**NO year 7**

Event where there is a change      Underlined is the actual change from last year's standards      This column indicates the selection for each round of competition