

**RECOMMENDED STANDARDS FOR ENTRY INTO SISS ATHLETIC CHAMPIONSHIPS 2026**

	U15 Boys	U16 Boys	U17 Boys	U19 Boys	U15 Girls	U16 Girls	U17 Girls	U19 Girls
<b>Discus</b>	1kg	1.25kg	1.25kg	1.5kg	1Kg	1Kg	1Kg	1Kg
	22m	23m	25m	28m	19m	20m	21m	22m
<b>Shot</b>	4kg	5kg	5kg	5kg	3kg	3kg	3kg	3kg
	9.20m	9.30m	10.0m	10.50m	7.80m	8.00m	8.50m	9.0m
<b>Javelin</b>	600gm	600gm	700gm	700gm	500gm	500gm	500gm	500gm
	22m	23m	25m	28m	18m	19m	21m	22m
<b>Hammer</b>	4kg	4kg	5kg	5kg	3kg	3kg	3kg	3kg
	22m	23m	24m	28m	20m	20m	21m	22m
<b>High Jump</b>	1.45m	1.50m	1.55m	1.60m	1.35m	1.40m	1.40m	1.45m
<b>Long Jump</b>	4.70m	4.80m	5.00m	5.20m	4.20m	4.25m	4.35m	4.40m
<b>Triple Jump</b>	9.30m	10m	10.30m	10.80m	8.20m	8.30m	8.50m	8.80m
<b>Pole Vault</b>			2.20m	2.50m	NS	NS	1.75m	2.20m
<b>100m</b>	13.0s	12.6s	12.2	12.0s	14.1s	14.0s	13.9s	13.8s
<b>200m</b>	26.0s	25.5s	25.0s	25.0s	31.0s	30.0s	29.0s	28.5s
<b>400m</b>	63.0s	62.0s	61.0s	58.0s	1.10min	1.09min	1.08min	1.07min
<b>800m</b>	2.40min	2.30min	2.25min	2.20min	2.48min	2.45min	2.43min	2.40min
<b>1500m</b>	5.00min	5.05min	5.00min	4.50min	5.55min	5.50min	5.45min	5.40min
<b>3000m</b>	11.10min	11.00min	10.40min	10.20min	12.20min	12.10min	12.05min	12.00min
<b>80m Hurdles</b>	15.2s	15.0s			15.5s	15.2s	15.0s	
<b>100m Hurdles</b>			16.5s					17.5s
<b>110m Hurdles</b>				18.00s				
<b>200m Hurdles</b>			30.0s				36.0s	
<b>300m Hurdles</b>				46.0s				52.00s
<b>2000m S/Chase</b>				7.30min				8.15min
<b>2000m Walk</b>								14.00min
<b>3000m Walk</b>				17.00min				