

ISLE OF MAN ATHLETICS ASSOCIATION

A COUNTY DISTRICT OF THE N of E A. A.

Standards for Island Games in Guernsey 2003

Standards for inclusion in the Athletics Team for the Island Games in Guernsey in 2003.
Training Standards for inclusion in the Island Squad training towards the Games in Guernsey 2003

MEN	Standard	Training Squad
100	11.2	11.5
200	23.2	23.6
400	52.0	54.0
800	2.02.0	2.05.0
1500	4.06.0	4.12.0
3000 S/C	9.50.0	10.10.0
5000	16.05.0	16.30.0
10000	34.00.0	35.00.0
½ Mar	74.00.0	76.00.0
110 H	16.5	17.2
400 H	60.0	62.0
Long Jump	6.50m	6.15m
Triple Jump	13.10m	12.60m
High Jump	1.85m	1.80m
Pole Vault	3.50m	3.20m
Shot Putt	12.30m	11.50m
Javelin	48.00m	44.00m
Discus	39.00m	36.00m
Hammer	39.00m	36.00m
Women		
100	13.0	13.5
200	26.7	27.4
400	62.0	63.5
800	2.25.0	2.28.0
1500	5.05.0	5.12.0
3000 S/C	12.30.0	13.00.0
5000	19.30.	20.00.0
10000	41.30.0	42.30.0
½ Mar	93.00.0	95.00.0
100 H	17.5	18.0
400 H	71.0	73.0
Long Jump	5.10m	4.80m
Triple Jump	10.80m	10.30m
High Jump	1.50m	1.45m
Pole Vault	2.50m	2.20m
Shot Putt	10.00m	9.50m
Javelin	32.00m	30.00m
Discus	30.00m	28.00m
Hammer	32.00m	30.00m