

Otago Records – Women as at 1st September 2018

	Snr Women	Women 20yr	Women 19yr	Women 18yr	Women 17yr	Women 16yr	Women 15yr	Women 14yr	Women 13yr
100m	11.60s	11.76s	11.83s	11.9s 12.13s	11.9s 12.13s	12.28s	12.28s	12.3s	12.7s 12.82s
200m	23.74s	24.00s	24.00s	24.69s	24.77s	24.7s	25.13s	25.1s	25.9s
400m	52.89s	52.89s	54.79s	55.76s	57.6s	57.6s	57.91s	58.3s	60.7s
800m	2-04.1s	2-07.12s	2-07.12s	2-07.12s	2-07.12s	2-07.77s	2-15.11s	2-17.45s	2-17.45s
1500m	4-18.15s	4-18.15s	4-18.15s	4-18.90s	4-18.90s	4-18.90s	4-29.76s	4-39.56s	4-52.63s
3000m	9-21.23s	9-21.23s	9-21.23s	9-21.23s	9-21.82s	9-30.69s	9-37.53s	10-11.77s	11-00.0s
5000m	16-33.79s	16-49.38s	17-16.13s	17-16.13s	17-16.13s	17-16.13s	19-00.00s		
10000m	34-11.77s	36-00.00s	37-30.00s	39-00.00s	40-18.89s	40-18.89s			
100mH	840mm 13.10s	840mm 14.2s 14.32s	840mm 14.32s	840mm 14.32s	840mm 14.32s 762mm 14.10s	840mm 14.50s 762mm 14.15s	762mm 14.63s	762mm 14.83s	762mm 16.00s
80mH							762mm 12.09s	762mm 12.08s	762mm 12.25s
400mH	762mm 61.03s	762mm 61.42s	762mm 61.42s	762mm 61.42s	762mm 61.42s	762mm 65.50s			
300mH					762mm 43.85s	762mm 44.88s	762mm 45.80s	762mm 46.40s	762mm 47.00s
4x100m	C:47.46s R:46.39s	C:49.18s R:49.05s	C:49.18s R:49.05s	C:49.3s R:49.05s	C:49.3s R:49.05s	C:50.91s R:49.05s	C:51.55s R:51.14s	C:51.55s R: 51.16s	C: 53.65s R:51.16s
4x400m	C:4-02.39s R:3-48.51s	C:4-08.4s R:3-56.52s	C:4-08.4s R:3-56.52s	C:4-08.4s R:3-56.52s	C:4-08.4s R:4-00.39s	C: 4-16.30s R:4-00.39s	C:4-20.00s R:4-15.00s		
Steeples	3km 10-26.78s	3km 10-40.00s	3km 10-50.00s	3km 11-00.00s	3km 11-10.00s 2km 7-37.31s	3km 11-20.00s 2km 7-37.31s	2km 7-54.17s	2km	
Walk *Best Performance	3000m 13-42.30s 20km Rd* 1hr 45- 49.0s	3000m 14-00.80s 10km Rd* 50-01.50s 20km Rd* 1hr 49-43s	3000m 14-00.80s 10km Rd* 50-30.0s	3000m 14-20.2s 10km Rd* 52-53.0s	3000m 14-20.2s	3000m 15-32.8ss	3000m 15-32.8s	3000m 16-10.98s	3000m 16-45.00s
Hept.	4819p (600g Old Jav/4kg SP/100H 840mm)	4602p (600g New Jav/4kg SP/100H 840mm)	4602p (600g New Jav/4kg SP/100H 840mm)	4602p (600g New Jav/4kg SP/100H 840mm)	4602p (600g New Jav/4kg SP/100H 840mm)	4000p (600g New Jav/100H 840mm) 4400p (600g New Jav spec/100H 762mm)	4200p (600g New Jav /100H 762mm)	4000p (600gNew Jav /100H 762mm) 4100p (600g Nw Jav/3kg SP/80H 762mm)	4000p (600g New Jav/3kg SP/80H 762mm)
Discus	1kg 51.26m	1.00kg 46.80m	1.00kg 43.42m	1.00kg 43.42m	1.00kg 42.82m	1.00kg 39.53m	1.00kg 39.53m	1.00kg 39.40m	1.00kg 36.25m
Shot Put * record with 3.25kg use as standard	4.00kg 14.59m	4.00kg 14.59m	4.00kg* 14.59m	4.00kg 14.12m	4.00kg 12.55m 3.00kg 14.32m	4.00kg 12.39m 3.00kg 12.60m	3.00kg 12.72m	3.00kg 12.26m	3.00kg 11.55m
Javelin (O) Old spec *use as standard	600g (N) 57.00m	600g (N) 55.14m	600g (N) 54.45m	600g (N) 46.41m	600g (O)* 43.00m 500g 44.00m	600g (O)* 39.58m 500g 40.00m	500g 36.10m	500g 28.74m	500g 27.18m
Hammer	4.00kg 61.81m	4.00kg 47.17m	4.00kg 47.17m	4.00kg 46.43m	4.00kg 45.96m 3.00kg 49.11m	4.00kg 44.22m 3.00kg 49.11m	3.00kg 42.71m	3.00kg 40.83m	3.00kg 38.40m
HJ	1.92m	1.92m	1.91m	1.84m	1.82m	1.79m	1.71m	1.67m	1.62m
LJ	6.25m	6.01m	6.01m	5.68m	5.68m	5.60m	5.43m	5.30m	5.14m
TJ	13.48m	12.06m	12.06m	11.76m	11.76m	11.76m	11.38m	11.38m	10.50m
Pole Vault	4.01m	3.00m	3.00m	3.00m	2.85m	2.60m	2.50m	2.50m	2.50m