Otago Squad Standards – Women as at 1st July 2016

	Snr Women	Women 20yr	Women 19yr	Women 18yr	Women 17yr	Women 16yr	Women 15yr	Women 14yr	Women 13yr
100m	12.18s	12.35s	12.42s	12.74s	12.74s	12.89s	12.89s	13.17s	13.46s
200m	24.93s	25.20s	25.20s	25.92s	26.01s	26.19s	26.39s	26.61s	27.45s
400m	55.53s	55.53s	57.53s	58.55s	60.63s	60.63s	60.81s	61.36s	63.88s
800m	2-10.31s	2-13.48s	2-13.48s	2-13.48s	2-14.00s	2-15.00s	2-21.96s	2-24.32s	2-24.32s
1500m	4-31.11s	4-31.11s	4-31.11s	*4-35.00s*	*4-40.00s*	*4-40.00s*	4-43.29s	4-53.54s	5-07.34s
3000m	9-49.37s	9-49.37s	9-49.37s	*9-55.00s*	*10-00.00s*	*10-05.00s*	*10-10.00s*	10-42.36s	11-33.00s
5000m	17-23.48s	17-39.85s	18-08.01s	18-08.01s	*19-00.00s*	*19-00.00s*	19-57.00s		
10000m	35-54.36s	37-48.00s	39-22.50s	40-57.00s	42-19.84s	42-19.84s			
100mH	840mm 13.76s	840mm 15.04s	840mm 15.04s	840mm 15.04s	840mm 15.04s 762mm 14.81s	840mm 15.23s 762mm 14.86s	762mm 15.36s	762mm 16.26s	762mm 16.80s
80mH								762mm 12.92s	762mm 12.92s
400mH	762mm 64.08s	762mm 64.49s	762mm 64.49s	762mm 64.49s	762mm 64.49s	762mm 68.78s			
300mH					762mm 46.04s	762mm 47.46s	762mm 48.09s	762mm 48.72s	762mm 49.35s
Steeples	3km 10-58.12	3km 11-12.00s	3km 11-22.50s	3km 11-33.00s	3km 11-43.50s 2km 8-00.18s	3km 11-54.00s 2km 8-00.18s	2km 8-17.88s		
Walk	3000m 14-23.41s 20km Rd 1:50-76.0s	3000m 14-42.84s 20km Rd 1:54-90.0s 10km Rd 52-31.58s	3000m *14-50.00s* 10km Rd 53-01.50s	3000m 15-03.21s 10km Rd 55-31.65s	3000m 15-03.21s 10km Rd 1:01.95s	3000m 16-19.44s	3000m 16-19.44s	3000m 16-59.53s	3000m 17-35.25s
Hept.	4578p 600g Jav/4kg SP/100H 840mm)	4372p (600g New Jav/4kg SP/100H 840mm)	4372p (600g New Jav/4kg SP/100H 840mm)	4372p (600g New Jav/4kg SP/100H 840mm)	4372p (600g New Jav/4kg SP/100H 840mm)	3800p (100H 840mm) 4180p (100H 762mm)	3990p (4kg SP/ 100H 762mm)	3800p (100H 762mm) 3895p (3kg SP/80H 762mm)	3800p (3kg SP/80H 762mm)
Discus	1kg 49.04m	1.00kg 44.46m	1.00kg 41.25m	1.00kg 41.25m	1.00kg 40.68m	1.00kg 37.15m	1.00kg 35.33m	1.00kg 34.44m	1.00kg 34.44m
Shot Put	4.00kg 13.86m	4.00kg 13.86m	4.00kg *13.60m*	4.00kg 13.41m	4.00kg 11.92m 3.00kg 13.60m	4.00kg 11.77m 3.00kg 11.97m	3.00kg 11.96m	3.00kg 10.97m	3.00kg 10.97m
Javelin	600g 52.38m	600g 52.38m	600g 51.73m	600g 44.09m	600g 40.85m 500g 41.80m	600g 37.60m 500g 38.00m	500g 34.30m	500g 27.30m	500g 25.82m
Hammer	4.00kg 58.72m	4.00kg 44.81m	4.00kg 44.81m	4.00kg 44.11m	4.00kg 43.66m 3.00kg 46.65m	4.00kg 42.01m 3.00kg 46.65m	3.00kg 40.57m	3.00kg 38.79m	3.00kg 36.48m
HJ	1.82m	*1.80m*	*1.78m*	1.75m	1.73m	1.70m	1.62m	1.59m	1.54m
LJ	5.94m	5.71m	5.71m	5.40m	5.40m	5.32m	5.16m	5.03m	4.82m
TJ	12.81m	11.46m	11.46m	*11.25m*	11.17m	11.17m	10.75m	10.45m	9.98m
PV	3.81m	*3.00m*	2.85m	2.85m	2.71m	2.47m	2.38m	2.38m	2.38m
				WINTER					
Road	10km 36-00.0s	10km 36-00.0s	5km 17-45.0s	5km 18-00.0s	5km 19-30.0s	5km 19-45.0s	5km 20-00.0s	3km 11-45.0s	3km 12-00.0s
X Country	8km 31-00.0s 10km 38-00.0s	8km 31-00.0s 10km 38-00.0s	6km 22-45.0s	6km 23-00.0s	4km 15-30.0s	4km 15-45.0s	4km 16-00.0s	3km 12-00.0s	3km 12-15.0s
Marathon	2hr 45.0								
½ Marathon	1hr 20.4								