



### Welsh Athletics International Match Selection Standards

Outdoor Performances:

u20	Senior	Event	Senior	u20
11.20	11.00	100m	12.30	12.60
22.75	22.50	200m	25.50	25.80
51.00	50.00	400m	57.00	59.50
1.58.0	1.54.0	800m	2.13.0	2.17.0
4.02.0	3.55.0	1500m	4.35.0	4.45.0
4.11.0	4.05.0	Mile	4.50.0	5.10
8.55.0	8.30.0	3000m	10.00.0	10.30.0
9.30.0	9.00.0	3000m S/C	11.00.0	11.30.0
6.36.0	5.50.0	2000m S/C	7.00.0	7.30.0
-	-	1500m S/C	-	5.40.0
-	15.00	110/100mH	15.00	15.75
15.20	-	3ft3	-	-
57.00	55.00	400mH	63.00	65.50
-	12.30.0	3k Walk	13.10.0	-
50:00	-	10k Walk	-	55:00
6.30	6.80	Long Jump	5.70	5.30
13.00	14.20	Triple Jump	11.50	10.75
1.85	2.00	High Jump	1.70	1.63
4.10	4.70	Pole Vault	3.70	3.40
-	15.00	Shot Putt	12.50	11.00
13.50	-	6kg	-	-
-	50.00	Discus	42.00	33.00
43.00	-	1.75kg	-	-
-	60.00	Hammer	50.00	40.00
48.00	-	6kg	-	-
52.00	65.00	Javelin	45.00	38.00

Age Group Walk Standards:

U17	U20	Distance	U20	U17
27:00	-	5k Walk	-	28:00
-	50:00	10k Walk	55:00	-



Combined Events:

<b>U18</b>	<b>U20</b>	<b>U23</b>	<b>Senior</b>		<b>Senior</b>	<b>U23</b>	<b>U20</b>	<b>U18</b>
5000	5500	5800	6000	<b>Decathlon</b>				
				<b>Heptathlon</b>	4500	4250	4000	3750

Indoor Performances:

<b>U18</b>	<b>u20</b>	<b>Event</b>	<b>u20</b>	<b>U18</b>
7.20	7.20	<b>60m</b>	7.90	7.90
23.00	23.00	<b>200m</b>	26.00	26.00
51.50	51.50	<b>400m</b>	59.50	59.50
1.59.0	1.59.0	<b>800m</b>	2.17.0	2.17.0
4.02.0	4.02.0	<b>1500m</b>	4.45.0	4.45.0
8.55.0	8.55.0	<b>3000m</b>	10.30.0	10.30.0
8.60	8.70	<b>60mH</b>	9.25	9.15
6.30	6.30	<b>Long Jump</b>	5.30	5.30
13.00	13.00	<b>Triple Jump</b>	10.75	10.75
1.85	1.85	<b>High Jump</b>	1.63	1.63
4.10	4.10	<b>Pole Vault</b>	3.40	3.40
13.00	13.50	<b>Shot Putt</b>	11.00	12.00