

Development Squad Program (Benefits include quarterly Newsletters, Development Clinics a free T-shirt and much, much more)

*It is the selectors discretion to accept an electronically timed grass performance which is close to the standards below.

**Only those who have submitted their DS form before October 1st will receive a Development Squad T-shirt.

***Electronic times are shown in the brackets for 100m, 200m, and 400m

****Age as at 31st of December

Women	Open	U20	17 yrs	16 yrs	15 yrs	14 yrs	13 yrs	12yrs	11yrs	10yrs
100 metres	12.8 (13.04)	12.9(13.14)	13.0 (13.24)	13.1 (13.34)	13.2 (13.34)	13.4 (13.64)	13.6 (13.74)	13.9 (14.24)	14.5 (14.74)	15.00 (15.24)
200 metres	26.2 (26.44)	26.4 (26.64)	26.6 (26.84)	26.8 (27.04)	27.1 (27.34)	27.7(27.94)	28.3 (28.54)	29.0 (29.04)	30.2 (30.44)	31.6 (31.64)
400 metres	60.50 (60.74)	61.50 (61.74)	62.2 (62.44)	63.0 (63.24)	64.0 (64.24)	66.0 (66.24)	68.0 (68.24)	1:10.0 (1:10.24)	1:13:00 (1:13:24)	1:16:0 (1:16:24)
800 metres	02:24.0	02:28.0	02:32.0	2.34.0	2.36.0	2.38:0	02:42.0	02:44.0	02:48.0	02:53.0
1500 metres	05:10.0	05:15.0	05:20.0	05:25.0	5.30.0	5.35.0	5.40.0	5.42.0	5.50.0	6.00.0
3000 metres		11:00.00	11:20.0	11:30.0	11.40.0	11.55.0				
5000 metres	19.00:00									
10km	43.00.0									
60m Hurdles									11.04	11.24
80m Hurdles								14.20 (14.44)		
90 m Hurdles					14.80 (15.04)	15.20 (15.44)	15.60 (15.84)			
100 m Hurdles	18.00 (18.24)	18.30 (18.54)	18.60 (18.84)	18.90 (19.14)						
200 m Hurdles					34.00 (34.24)	35 (35.24)				
400 m Hurdles	1,12.00 (1:12.24)	1,15.00 (1:15.24)	1.16.00 (1:18.24)	1.20.00 (1:20.24)						
2000 m Steeple		9.50.0	10.00.0	10.20.0	10.30.0	10.40.0				
3000 m Steeple	14.30.0									
1500 m Walk							9.20.0	9.40.0	10.00.0	
3000 m Walk			18.00.0	18.20.0	18.40.0	19.00.0				
5000 m Walk	32.00.0	33.00.0								
High Jump	1.55m	1.50m	1.47m	1.44m	1.40m	1.35m	1.30m	1.25m	1.20m	1.10m
Pole Vault	2.30m	2.00m	1.80m	1.60m	1.60m	1.60m				
Long Jump	4.90m	4.80m	4.70m	4.60m	4.50m	4.40m	4.30m	4.20m	4.10m	4.00m
Triple Jump	10.50m	10.30m	10.10m	9.90m	9.70m	9.60m	9.40m	9.20m		
Shot Put	9.20m	8.90m	8.60m	8.30m	8.00m	7.80m	7.50m	7.20m	7.00m	6.80m
Discus Throw	27.50m	27.00m	25.00m	23.00m	21.00m	20.00m	19.00m	18.00m	17.00m	15.50m
Hammer Throw	27.00m	24.00m	20.00m	18.00m	17.00m	15.00m				
Javelin Throw	30.00m	28.00m	26.00m	24.00m	23.00m	22.00m	20.00m	19.00m		

Updated
March 2011

2011

DEVELOPMENT SQUAD STANDARDS - WOMEN

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****Age as at 31st of December

Men	Open	U20	17 yrs	16 yrs	15 yrs	14 yrs	13 yrs	12 yrs	11 yrs	10 yrs
100 metres	11.3(11.54)	11.5 (11.74)	11.9 (12.14)	12.1 (12.34)	12.3 (12.54)	12.6 (12.84)	13.00 (13.24)	13.60 (13.84)	14.00 (14.24)	14.50 (14.74)
200 metres	23.4 (23.64)	23.8(24.04)	24.1 (24.34)	24.4 (24.64)	24.6 (24.84)	25.00 (25.24)	26.30 (26.54)	27.20 (27.44)	28.60 (28.84)	29.80 (30.04)
400 metres	52.0 (52.24)	52.8 (53.04)	53.8 (54.04)	54.8 (55.04)	57.0 (57.24)	59.0(59.24)	62.0 (62.24)	1:05.00 (1:05.24)	1:10.00 (1:10.24)	1:12.00 (1:12.24)
800 metres	2:04.0	2.08.0	2:11.0	02:14.0	2:17.0	2.20.0	02:25.0	02:35.0	02:40.0	02:50.0
1500 metres	04:20.0	4.25.0	4.30.0	4:35.0	04:40.0	4.50.0	05:10.0	05:25.0	05:40.0	05:55.0
3000 metres			9.40.0	9.50.0	09:55.0	10:10.0	10:30.0			
5000 metres	17.15.0	18:00.00								
10000 metres	39:00.0									
60m Hurdles									10.8 (11.04)	11.0 (11.24)
80m Hurdles								14.0 (14.24)		
90 m Hurdles							15.10 (15.34)			
100 m Hurdles					17.00 (17.24)	17.50 (17.74)				
110 m Hurdles	17.00 (17.24)	18.00 (18.24)	18.50 (18.74)	18.70 (18.94)						
200 m Hurdles					31.0 (31.24)	31.0 (31.24)				
400 m Hurdles	1:05.00 (1:05.24)	1:08.00 (1:08.24)	1:12.00 (1:12.24)	1:14.00 (1:14.24)						
2000 m Steeple		7:00.00	7:10.00	7:20.00	7:30.00	07:40.0				
3000 m Steeple	11:00.00	12:00.00								
1500 m Walk							09:00.0	9:20.00	9:40.00	
3000 m Walk	17:00.00	18.00.00	18:30.00	16:00.0	17:00.0	17:40.0				
5000 m Walk		31:00.00								
10000 m Walk	62:00.00									
High Jump	1.83m	1.77m	1.72m	1.68m	1.65m	1.55m	1.45m	1.40m	1.30m	1.20m
Pole Vault	3.00m	2.70m	2.40m	2.20m	2.00m	1.70m				
Long Jump	6.15m	5.90m	5.60m	5.40m	5.20m	5.00m	4.70m	4.60m	4.40m	4.20m
Triple Jump	12.40m	12.00m	11.80m	11.50m	11.10m	10.80m	10.30m	9.90m		
Shot Put	10.50m	10.00m	9.80m	9.40m	9.80m	9.50m	9.00m	8.50m	8.00m	7.70m
Discus Throw	34.00m	31.00m	30.00m	29.00m	28.00m	27.00m	26.00m	25.00m	23.00m	21.00m
Hammer Throw	27.00m	25.00m	23.00m	21.00m	20.00m	19.00m				
Javelin Throw	42.00m	39.00m	35.00m	34.00m	32.00m	29.00m	27.00m	24.00m		

**Updated
March 2011**

DEVELOPMENT SQUAD STANDARDS - MEN 2011