

## Standard Tables 2025

**E.S.A.A. National Standards** are those performance levels for which standard badges may be purchased at the National Championships.

**Entry Standards** are the minimum performance levels normally required for an athlete to be selected for a County Team for the National Championships.

**County Standards** correspond to a good standard of performance by an athlete competing in a County Championship meeting.

**District Standard** corresponds to a good standard of performance by an athlete competing at a District Championship meeting. These may need amendments to suit the variations in type of District Championship staged.

**School Standard** corresponds to a good standard of performance by an athlete competing at a School Championship meeting. Except for Year 7 and 8 tables - the age groups, events and event specifications are as set out in the Track and Field Competition Rules.

### Years 7 and 8

The variety of events and specifications is offered to cater for the intense athletic interest and for the rapid physical changes which take place at this stage.

It is stressed that success in the initial teaching of athletics stems from the understanding that the physical challenge to the pupil should not exceed that which can be comfortably handled. All children, therefore, should be started with light implements and low hurdles, and be allowed to progress as appropriate to themselves.

This will almost certainly create some problems of organisation at school level, but these are NOT insurmountable.

### Hurdle Specifications as used in Year 7 and 8 Tables

70 metres: Eight flights at 68cm or 76cm high; 11 metre approach, then 7 metre interval between flights and a 10 metre run-in to the finish.

75 metres: Eight flights at 68cm or 76cm high; 11.5 metre approach, then 7.5 metre interval between flights and an 11 metre run-in to the finish.

80 metres: Eight flights at 76cm; 12 metre approach, then 8 metre interval between flights and a 12 metre run-in to the finish

The English Schools' Athletic Association has started a new Awards Scheme in 2021. The standards for each level are shown below. Full details of the Awards Scheme can be obtained from the Honorary Secretary of ESAA.

### ESAA Awards - Primary through to Secondary (see Awards Scheme)

The new ESAA Awards Scheme is designed to be inclusive, adaptable and challenging, taking young people, on a clear pathway from the start of their initial participation in athletic activity through a journey of progression and success. As they go from playground fun in Stage 1 to Podium at Stage 9 students will learn how to set goals and challenges for themselves. Through the medium of Teachers, Coaches, Parents and other students they will learn about problem solving, motivation and achievement. From Podium at Stage 9 students can plot the next phase of their athletic development by aiming for County, ESAA Entry and ESAA National Standards to continue their pursuit of athletic success and work towards achieving their athletic dream.

The three main aims of the Awards are to allow students to develop in their own time, at their own pace, Confidence, Competence and be Competitive in a range of Athletic activities. The badges you can purchase for each stage have been redesigned and are now a modern metal, pin badge and will be accompanied by a certificate.

Teachers and Coaches can adjust activities at various stages to enable all students to participate whatever their ability or physical challenges and be successful. The weights of implements can be adjusted to help develop enjoyment and confidence in using different implements with the goal being to develop a level of competence to be able to use the correct weights. Heights and distances between hurdles can be lowered and shortened to enable a competent and rhythmic three stride pattern with good technique over the hurdle allowing speed to develop between hurdles, at the start and in the run out to the finish. Students must then challenge themselves once they have confidence to achieve correct hurdle heights and distances as they work through the stages. The same principles can be applied with the Sprints and Endurance events with students working over distances that allow them to maintain speed and good technique in the arm and leg action. They must then challenge themselves to discover what skills they need to develop as they move up the distances. In the Endurance events students need to discover their own level of stamina and learn as the distances increase that pace judgement may become an essential skill component as they move forward.

# **Junior Group U15 years (Year 9)**

<b>BOYS</b>	<b>National</b>	<b>Entry</b>	<b>County</b>	<b>District</b>	<b>School</b>
100 metres	11.4s	11.6s	12.2s	12.5s	13.0s
*200 metres	23.3s	23.8s	24.8s	25.6s	27.0s
300 metres	36.8s	38.0s	40.0s	42.0s	45.0s
800 metres	2m 02s	2m 05s	2m 13s	2m 20s	2m 27s
*1500 metres	4m 13s	4m 19s	4m 36s	4m 50s	5m 05s
80m Hurdles	11.7s	12.1s	12.8s	13.8s	15.0s
*Relay	45.6s	47.0s	49.5s	51.2s	53.5s
High Jump	1.78m	1.72m	1.60m	1.50m	1.45m
Pole Vault	3.30m	3.00m	2.30m	2.10m	2.00m
Long Jump	5.95m	5.80m	5.30m	5.00m	4.70m
Triple Jump	12.40m	12.00m	11.00m	10.00m	9.25m
Shot	13.30m	12.30m	10.50m	9.50m	9.00m
Discus	38.00m	35.00m	28.00m	24.00m	20.00m
Javelin	47.00m	44.00m	35.00m	30.00m	28.00m
Hammer	45.00m	38.00m	27.00m	24.00m	21.00m
Pentathlon	2800 pts				
3000m Walk	15m 30s				
<b>GIRLS</b>					
100 metres	12.4s	12.7s	13.2s	13.5s	14.2s
200 metres	25.5s	26.2s	27.2s	28.0s	30.0s
300 metres	41.0s	42.0s	44.2s	46.0s	48.0s
*800 metres	2m 14s	2m 18s	2m 26s	2m 33s	2m 50s
*1500 metres	4m 38s	4m 46s	5m 03s	5m 20s	5m 55s
*75m Hurdles	11.5s	11.9s	12.5s	13.5s	14.1s
*Relay	50.0s	51.0s	54.0s	55.4s	58.0s
High Jump	1.62m	1.56m	1.45m	1.40m	1.30m
Pole Vault	3.00m	2.70m	2.00m	1.80m	1.70m
*Long Jump	5.35m	5.10m	4.70m	4.40m	4.10m
Shot	11.20m	10.60m	9.00m	8.00m	7.00m
Discus	30.00m	27.00m	22.00m	19.00m	18.00m
*Javelin	35.00m	33.00m	28.00m	23.00m	21.00m
*Hammer	41.00m	37.00m	25.00m	21.00m	20.00m
Pentathlon	3100 pts				
3000m Walk	16m 30s				
 *Mixed Gender Relay	 47.8s	 49.0s	 51.8s	 53.3s	 55.8s

## Intermediate Group U17 years (Years 10 & 11)

<b>BOYS</b>	<b>National</b>	<b>Entry</b>	<b>County</b>	<b>District</b>	<b>School</b>
*100 metres	10.9s	11.0s	11.7s	12.0s	12.3s
*200 metres	22.2s	22.6s	23.7s	24.4s	26.0s
400 metres	49.7s	51.1s	53.5s	55.5s	59.0s
800 metres	1m 55s	1m 57s	2m 05s	2m 10s	2m 20s
*1500 metres	4m 00s	4m 04s	4m 20s	4m 30s	4m 55s
*3000 metres	8m 47s	8m 52s	9m 35s	10m 00s	10.45s
100m Hurdles	13.5s	14.0s	15.2s	16.0s	17.0s
*400m Hurdles	56.5s	58.8s	64.0s	68.0s	72.0s
*1500m Steeplechase	4m 32s	4m 37s	5m 05s	5m 20s	5m 55s
*Relay	44.0s	45.0s	47.0s	48.0s	50.0s
High Jump	1.94m	1.88m	1.70m	1.60m	1.50m
Pole Vault	4.20m	3.90m	2.80m	2.20m	2.00m
*Long Jump	6.60m	6.40m	5.80m	5.50m	5.30m
Triple Jump	13.70m	13.20m	12.00m	11.00m	10.50m
*Shot	14.20m	13.00m	11.00m	10.00m	9.50m
Discus	44.00m	41.00m	33.00m	26.00m	24.00m
Javelin	54.00m	52.00m	40.00m	33.00m	30.00m
*Hammer	53.00m	49.00m	30.00m	24.00m	20.00m
Octathlon	4800 pts				
5000m Walk	26m 00s				
<b>GIRLS</b>					
100 metres	12.2s	12.5s	13.0s	13.4s	14.1s
200 metres	25.1s	25.8s	26.8s	27.5s	29.5s
*300 metres	39.8s	41.0s	43.5s	45.5s	50.0s
*800 metres	2m 12s	2m 14s	2m 25s	2m 32s	2m 47s
1500 metres	4m 35s	4m 45s	5m 00s	5m 15s	5m 50s
*3000 metres	10m 00s	10m 20s	11m 10s	12m 00s	12m 20s
80m Hurdles	11.6s	12.0s	13.0s	14.0s	15.0s
300m Hurdles	45.0s	46.4s	51.0s	54.0s	60.0s
1500m Steeplechase	5m 13s	5m 23s	5m 50s	6m 15s	6m 30s
*Relay	49.0s	50.0s	52.5s	54.2s	57.0s
High Jump	1.71m	1.65m	1.50m	1.45m	1.35m
Pole Vault	3.40m	3.10m	2.20m	1.90m	1.80m
Long Jump	5.55m	5.40m	4.90m	4.60m	4.20m
*Triple Jump	11.20m	10.90m	10.00m	9.00m	8.60m
Shot	12.70m	11.60m	10.00m	8.70m	7.75m
*Discus	36.00m	33.00m	26.00m	21.00m	20.00m
Javelin	41.00m	38.00m	30.00m	25.00m	23.00m
Hammer	53.00m	48.00m	34.00m	23.00m	20.00m
Heptathlon	4700 pts				
3000m Walk	16m 00s				
*Mixed Gender Relay	46.0s	47.0s	49.8s	51.1s	53.5s

## Senior Group U19 years (Years 12 & 13)

<b>BOYS</b>	<b>National</b>	<b>Entry</b>	<b>County</b>	<b>District</b>
*100 metres	10.8s	10.9s	11.5s	12.0s
200 metres	21.9s	22.2s	23.4s	24.4s
400 metres	48.8s	49.7s	53.0s	55.5s
800 metres	1m 52s	1m 54s	2m 02s	2m 10s
1500 metres	3m 55s	3m 58s	4m 15s	4m 30s
3000 metres	8m 33s	8m 36s	9m 20s	10m 00s
110m Hurdles	14.6s	15.3s	17.5s	18.5s
400m Hurdles	55.0s	57.5s	64.0s	68.0s
2000m Steeplechase	6m 08s	6m 18s	6m 50s	7m 15s
*Relay	43.0s	44.5s	46.5s	47.2s
High Jump	2.01m	1.95m	1.70m	1.60m
*Pole Vault	4.40m	4.10m	2.80m	2.20m
Long Jump	6.80m	6.70m	5.80m	5.50m
Triple Jump	14.20m	13.50m	12.00m	11..00m
Shot	13.70m	12.80m	10.50m	9.50m
Discus	46.00m	40.00m	30.00m	24.00m
Javelin	56.00m	52.00m	38.00m	32.00m
Hammer	58.00m	50.00m	28.00m	22.00m
Decathlon	6000 pts			
5000m Walk	25m 00s			
<b>GIRLS</b>				
100 metres	12.1s	12.4s	13.0s	13.4s
200 metres	25.1s	25.7s	26.8s	27.5s
400 metres	57.0s	58.3s	62.0s	65.0s
*800 metres	2m 12s	2m 14s	2m 25s	2m 32s
*1500 metres	4m 33s	4m 42s	5m 00s	5m 15s
*3000 metres	10m 00s	10m 12s	11m 10s	12m 00s
100m Hurdles	14.6s	15.3s	17.5s	18.5s
400m Hurdles	64.0s	65.5s	73.0s	76.0s
1500m Steeplechase	5m 10s	5m 17s	6m 00s	6m 15s
*Relay	48.5s	49.0s	52.5s	54.0s
High Jump	1.72m	1.66m	1.50m	1.45m
Pole Vault	3.50m	3.20m	2.20m	1.90m
*Long Jump	5.60m	5.50m	4.90m	4.60m
Triple Jump	11.40m	11.10m	10.00m	9.00m
Shot	11.40m	10.50m	9.00m	7.50m
*Discus	39.00m	35.00m	26.00m	21.00m
Javelin	40.00m	37.00m	28.00m	23.00m
*Hammer	47.00m	42.00m	30.00m	22.00m
Heptathlon	4350 pts			
5000m Walk	27m 30s			
*Mixed Gender Relay	45.5	47.0	49.5	50.6