

ESAA Standards 2026

Senior Group U19 years (Years 12 & 13)

Hurdles standards to be added once published and will be for year 13 only. Year 12 will classify as U18s and will compete with year 11s)

BOYS	National	Entry
100 metres	10.8s	10.9s
200 metres	21.9s	22.2s
400 metres	48.8s	49.7s
800 metres	1m 53s	1m 56s
1500 metres	3m 55s	3m 58s
3000 metres	8m 24s	8m 33s
110m Hurdles	tbc	tbc
400m Hurdles	tbc	tbc
2000m Steeplechase	6m 08s	6m 18s
High Jump	2.01m	1.95m
Pole Vault	4.40m	4.10m
Long Jump	6.80m	6.70m
Triple Jump	14.20m	13.50m
Shot	13.70m	12.60m
Discus	46.00m	40.00m
Javelin	56.00m	52.00m
Hammer	58.00m	50.00m
GIRLS		
100 metres	12.1s	12.4s
200 metres	25.1s	25.7s
400 metres	57.0s	58.3s
800 metres	2m 12s	2m 14s
1500 metres	4m 33s	4m 42s
3000 metres	9m 53s	10m 12s
100m Hurdles	tbc	tbc
400m Hurdles	tbc	tbc
1500m Steeplechase	5m 10s	5m 17s
High Jump	1.72m	1.66m
Pole Vault	3.50m	3.20m
*Long Jump	5.60m	5.50m
Triple Jump	11.40m	11.10m
Shot	11.40m	10.50m
Discus	39.00m	35.00m
Javelin	40.00m	37.00m
Hammer	47.00m	42.00m