

# ENGLISH SCHOOLS' ATHLETIC ASSOCIATION NATIONAL AND ENTRY STANDARDS 2026

(changes from 2025 in bold)

N.B Hurdles races will be held across the “club” age groups – ie U16 (yr 9 &10), U18 (yr 11 & 12) & U20 (yr 13 only)

Standards for the hurdles have not yet been published (as at 01.05.26 but will be added to information once known.

Event	Junior Boys				Inter Boys			
	National	Entry	County	District	National	Entry	County	District
100m	11.4	11.6	12.2	12.5	10.9	11.0	11.7	12.0
200m	23.3	23.8	24.8	25.6	22.2	22.6	23.7	24.4
300m	36.8	38.0	40.0	42.0	n/a	n/a	n/a	n/a
400m	n/a	n/a	n/a	n/a	49.7	51.1	53.5	55.5
800m	2:02.0	2:05.0	2:13.0	2:20.0	1:55.0	1:57.0	2:05.0	2:10.0
1500m	4:13.0	4:19.0	4:36.0	4:50.0	4:00.0	4:04.0	4:20.0	4:30.0
3000m	n/a	n/a	n/a	n/a	<b>8:44.0</b>	<b>8:49.0</b>	9:35.0	10:00.0
1500m St/Ch	n/a	n/a	n/a	n/a	4:32.0	4:37.0	5:05.0	5:20.0
High Jump	<b>1.80m</b>	<b>1.74m</b>	1.60m	1.50m	1.94m	1.88m	1.70m	1.60m
Long Jump	5.95m	5.80m	5.30m	5.00m	6.60m	6.40m	5.80m	5.50m
Triple Jump	12.40m*	12.00m *	11.00m	10.00m	<b>14.20m</b>	<b>13.50m</b>	12.00m	11.00m
Pole Vault	3.30m	3.00m	2.30m	2.10m	4.20m	3.90m	2.80m	2.20m
Shot	13.30m	12.30m	10.50m	9.50m	14.20m	13.00m	11.00m	10.00m
Discus	38.00m	35.00m	28.00m	24.00m	44.00m	41.00m	33.00m	26.00m
Javelin	47.00m	44.00m	35.00m	30.00m	54.00m	52.00m	40.00m	33.00m
Hammer	45.00m	38.00m	27.00m	24.00m	53.00m	49.00m	30.00m	24.00m

\* Year 9 only

Event	Junior Girls				Inter Girls			
	National	Entry	County	District	National	Entry	County	District
100m	12.4	12.7	13.2	13.5	12.2	12.5	13.0	13.4
200m	25.5	26.2	27.2	28.0	25.1	25.8	26.8	27.5
--300m	41.0	42.0	44.2	46.0	38.8	41.0	43.5	45.5
800m	2:14.0	<b>2:17.0</b>	2:26.0	2:33.0	2:12.0	2:14.0	2:25.0	2:32.0
1500m	4:38.0	4:46.0	5:03.0	5:20.0	<b>4:35.0</b>	<b>4:43.0</b>	5:00.0	5:15.0
3000m	n/a	n/a	n/a	n/a	10:00.0	10:20.0	11:10.0	12:00.0
1500m St/C	n/a	n/a	n/a	n/a	5:13.0	5:23.0	5:50.0	6:15.0
High Jump	<b>1.64m</b>	<b>1.58m</b>	1.45m	1.40m	1.71m	1.65m	1.50m	1.45m
Long Jump	5.35m	5.10m	4.70m	4.40m	5.55m	5.40m	4.90m	4.60m
Triple Jump	n/a	n/a	n/a	n/a	11.20m	10.90m	10.00m	9.00m
Pole Vault	3.00m	2.70m	2.00m	1.80m	3.40m	3.10m	2.20m	1.90m
Shot	11.20m	10.60m	9.00m	8.00m	12.70m	11.60m	10.00m	8.70m
Discus	30.00m	27.00m	22.00m	19.00m	36.00m	33.00m	26.00m	21.00m
Javelin	35.00m	33.00m	28.00m	23.00m	41.00m	38.00m	30.00m	25.00m
Hammer	41.00m	37.00m	25.00m	21.00m	53.00m	48.00m	34.00m	23.00m