

ESAA English Schools' Athletic Association Standards for 2009



Key to each column

- **NS** - National Standard : performance level for which Standard Badges are awarded at the National Championships.
- **ES** - Entry Standard : the minimum performance level normally required to be selected for a County Team for the National Championships.
- **CS** - County Standard : a good level of performance at a County Championship meeting.
- **BP** - Championship Best Performance : the best performance ever at a National Championship - wind assisted.
- **BP year** - the year the BP was set
- **CR** - Championship Record : the best performance at a National Championship not wind assisted.
- **CR year** - the year the CR was set

Standards shown **in bold** are different from last year's standards.

Age Group	Event	NS	ES	CS	BP	BP year	CR	CR year
JB	100m	11.40	11.80	12.30			10.93	1997
JB	200m	23.40	24.20	25.30	22.03	2001	22.2	1986
JB	400m	52.60	54.50	56.90			49.98	1998
JB	800m	2:03.00	2:07.00	2:13.00			1:56.1	1986
JB	1500m	4:17.00	4:22.00	4:36.00			4:03.6	1979
JB	80m Hurdles	11.60	12.10	12.90	10.73	2001	10.75	2002
JB	4x100m relay	46.30	47.50	49.40			43.51	2005
JB	High Jump	1.78	1.72	1.60			1.96	2005
JB	Long Jump	5.95	5.70	5.45	6.70	1988	6.68	1999
JB	Triple Jump	12.40	12.00	11.45	13.92	1978	13.86	1987
JB	Pole Vault	3.15	2.85	2.55			4.30	1988
JB	Shot	13.30	12.30	11.20			18.29	2006
JB	Discus	38.00	34.00	30.50			54.54	2005
JB	Javelin	46.00	43.00	39.00			54.65	2003
JB	Hammer	45.00	38.00	31.00			70.78	1982
IB	100m	11.00	11.20	11.70	10.44	1996	10.54	1998
IB	200m	22.40	22.80	24.00	21.32	1994	21.44	2003
IB	400m	50.00	51.30	53.40			47.18	2006
IB	800m	1:57.00	1:59.00	2:05.00			1:50.93	2002
IB	1500m	4:03.00	4:08.00	4:20.00			3:52.6	1988
IB	3000m	8:55.00	9:01.00	9:30.00			8:20.0	1971
IB	100m Hurdles	13.70	14.20	15.00	12.47	1994	12.70	2008
IB	400m Hurdles	56.60	58.00	60.50			52.63	2006
IB	1500m S/C	4:30.00	4:36.00	4:58.00			4:14.0	1989
IB	4x100m relay	44.00	45.00	46.60			41.92	1998
IB	High Jump	1.96	1.90	1.75			2.12	1981
IB	Long Jump	6.60	6.40	6.00			7.47	2002

IB	Triple Jump	13.70	13.10	12.50			15.91	2000
IB	Pole Vault	4.10	3.80	3.10			4.70	1995
IB	Shot	14.50	13.20	11.90			20.48	1996
IB	Discus	43.00	40.00	34.00			61.24	1995
IB	Javelin	54.00	52.00	45.00			70.52	1996
IB	Hammer	54.00	48.00	37.00			73.58	1984
SB	100m	10.90	11.10	11.50	10.37	1993	10.4	1980
SB	200m	22.00	22.30	23.30	20.9	1977	20.98	2008
SB	400m	48.80	49.30	52.50			46.26	1995
SB	800m	1:53.00	1:55.00	2:02.00			1:48.6	1989
SB	1500m	3:55.00	3:58.00	4:15.00			3:45.9	1984
SB	3000m	8:33.00	8:36.00	9:20.00			8:10.5	1985
SB	110m Hurdles	14.80	15.20	16.20	13.6	1977	13.8	1984
SB	400m Hurdles	55.00	56.20	59.50			51.5	1982
SB	2000m S/C	6:03.00	6:07.00	6:30.00			5:38.2	1989
SB	4x100m relay	43.50	44.50	45.30			41.3	1979 / 1985
SB	High Jump	2.02	1.96	1.83			2.25	1983
SB	Long Jump	6.90	6.80	6.25	7.97	1996	7.68	2001
SB	Triple Jump	14.40	13.90	12.85	16.22	1997	15.92	1985
SB	Pole Vault	4.40	4.10	3.30			5.16	1998
SB	Shot	14.10	13.00	11.50			20.64	1998
SB	Discus	44.00	40.00	34.00			59.72	1997
SB	Javelin	57.00	53.00	46.00			72.89	1998
SB	Hammer	52.00	45.00	39.00			69.11	2005
JG	100m	12.60	12.80	13.30			11.58	2005
JG	200m	25.70	26.40	27.60	23.6	1977	24.0	1989
JG	800m	2:16.00	2:19.00	2:29.00			2:08.7	1986
JG	1500m	4:43.00	4:51.00	5:10.00			4:27.70	2003
JG	75m Hurdles	11.50	11.90	12.80	10.7	1990	10.99	2005
JG	4x100m Relay	50.50	52.00	53.40			48.1	1979
JG	High Jump	1.61	1.55	1.45			1.77	1986
JG	Long Jump	5.20	5.05	4.65			6.22	1983
JG	Shot	10.70	10.00	9.10			13.92	1979
JG	Discus	30.00	27.00	23.00			39.58	1988
JG	Javelin	32.00	29.00	25.50			44.23	2008
IG	100m	12.30	12.60	13.00	11.50	1994	11.81	2004
IG	200m	25.20	26.00	27.00	23.6	1983	23.62	2000
IG	300m	40.50	41.60	44.80			38.35	2000
IG	800m	2:14.00	2:17.00	2:25.00			2:05.6	1977
IG	1500m	4:39.00	4:47.00	5:04.00			4:24.1	1979
IG	3000m	10:12.00	10:26.00	10:50.00			9:35.61	2002
IG	80m Hurdles	11.70	12.10	13.00	10.9	1977	11.1	1989 / 2005
IG	300m Hurdles	45.00	46.80	50.00			41.48	2005
IG	4x100m Relay	49.20	50.20	52.40			46.4	1984
IG	High Jump	1.68	1.62	1.52			1.83	2000
IG	Long Jump	5.50	5.30	4.80	6.41	1977	6.38	1985
IG	Triple Jump	11.10	10.70	10.00	12.20	2005	12.07	2005
IG	Pole Vault	3.00	2.70	2.55			3.75	2007
IG	Shot	11.00	10.20	8.75			14.38	2005
IG	Discus	36.00	33.00	27.00			49.36	1999

IG	Javelin	38.00	35.00	29.00			46.94	2002
IG	Hammer	37.00	32.00	31.00			48.06	2004
SG	100m	12.20	12.50	13.00	11.5	1980 / 1990	11.59	1995
SG	200m	25.00	25.80	26.50	23.1	1977	23.4	1984
SG	400m	57.00	58.80	61.00			54.33	2006
SG	800m	2:13.00	2:15.00	2:25.00			2:05.18	2003
SG	1500m	4:36.00	4:43.00	5:00.00			4:17.1	1989
SG	3000m	10:06.00	10:18.00	10:48.00			9:04.30	1992
SG	100m Hurdles	14.60	15.20	16.50	13.3	1990	13.5	1986
SG	400m Hurdles	64.50	66.00	69.50			59.0	1988
SG	1500m S/C	5:30.00	5:40.00	5:55.00			new event	
SG	4x100m Relay	49.00	50.00	52.00			45.6	1979
SG	High Jump	1.72	1.66	1.55			1.88	2006
SG	Pole Vault	3.10	2.80	2.45			3.75	2001
SG	Long Jump	5.65	5.45	4.85			6.65	1989
SG	Triple Jump	11.30	11.00	9.50	13.06	2003	12.76	2008
SG	Shot	11.40	10.50	8.85			15.65	2007
SG	Discus	39.00	36.00	29.00			52.74	2001
SG	Javelin	40.00	37.00	32.00			47.73	2002
SG	Hammer	43.00	37.00	31.00			52.76	2004

Combined Event Standards

Age group	NS	Best Performance
Junior Boys Pentathlon	2750 pts	E Dunford (Warks) 3385pts 1999
Intermediate Boys Octathlon	4850 pts	O McNeillis (HerWor) 5690pts 2004
Senior Boys Decathlon	6000 pts	D Macey (Essex) 7134pts 1995
Junior Girls Pentathlon	2850 pts	K Merry (Warks) 3518pts 1988
Intermediate Girls Heptathlon	4250 pts	O Idowu (Oxfrd) 5031pts 1988
Senior Girls Heptathlon	4500 pts	O Idowu (Oxfrd) 5319pts 1989

Race Walk Standards

Age group	NS	Best Performance
Junior Boys 3000m	15m30s	J Davis (Sussex) 13m58.21s 1999
Intermediate Boys 5000m	26m00s	L Finch (Leics) 22m15.93s 2002
Senior Boys 5000m	25m00s	P King (Sussex) 21m00.2s 1993
Junior Girls 3000m	16m30s	R Mersh (SYorks) 14m44.39s 2002
Intermediate Girls 3000m	16m00s	A Hales (Sussex) 14m09.81s 1998
Senior Girls 5000m	27m30s	V Lupton (SYorks) 24m37.18s 1991