

Standard Times Junior Males

Short							
200M	8yrs	9	10	11	12	13	14
1st	00:34.9	00:33.0	00:31.5	00:30.4	00:29.5	00:28.7	00:25.6
2nd	00:39.1	00:37.0	00:35.3	00:34.1	00:33.0	00:32.2	00:28.7
3rd	00:43.7	00:41.3	00:39.5	00:38.1	00:37.0	00:36.0	00:32.1
4th	00:49.0	00:46.4	00:44.3	00:42.7	00:41.4	00:40.4	00:36.0
400M	8yrs	9	10	11	12	13	14
1st	01:17.3	01:12.9	01:09.6	01:06.9	01:04.8	01:03.0	01:01.5
2nd	01:26.5	01:21.6	01:17.9	01:14.9	01:12.5	01:10.5	01:08.9
3rd	01:36.9	01:31.4	01:27.3	01:23.9	01:21.2	01:19.0	01:17.1
4th	01:48.5	01:42.4	01:37.7	01:34.0	01:31.0	01:28.5	01:26.4

Short			
400M	15yrs	16	17
1st	01:00.3	00:59.2	00:56.3
2nd	01:07.5	01:06.3	01:03.1
3rd	01:15.6	01:14.3	01:10.6
4th	01:24.7	01:23.2	01:19.1
800M	15yrs	16	17
1st	02:20.0	02:17.4	02:10.0
2nd	02:35.1	02:32.3	02:24.0
3rd	02:48.0	02:44.9	02:36.0
4th	03:13.8	03:10.3	03:00.0

Medium							
600M	8yrs	9	10	11	12	13	14
1st	02:09.8	02:02.7	01:57.1	01:52.5	01:48.8	01:45.8	01:34.2
2nd	02:25.4	02:17.3	02:11.1	02:06.0	02:01.9	01:58.4	01:45.4
3rd	02:42.8	02:33.8	02:26.8	02:21.1	02:16.5	02:12.6	01:58.1
4th	03:02.4	02:52.3	02:44.4	02:38.1	02:32.9	02:28.6	02:12.3
800M	8yrs	9	10	11	12	13	14
1st	03:00.2	02:50.4	02:42.6	02:36.2	02:31.0	02:26.7	02:23.0
2nd	03:19.6	03:08.8	03:00.1	02:53.1	02:47.3	02:42.5	02:38.4
3rd	03:36.2	03:24.5	03:15.1	03:07.5	03:01.2	02:56.0	02:51.6
4th	04:09.5	03:56.0	03:45.1	03:36.3	03:29.1	03:23.1	03:18.0

Medium			
1000M	15yrs	16	17
1st	02:59	02:56	02:46
2nd	03:18	03:15	03:04
3rd	03:35	03:31	03:19
4th	04:08	04:03	03:50
1500M	15yrs	16	17
1st	05:11	05:06	04:48
2nd	05:45	05:40	05:20
3rd	06:18	06:12	05:50
4th	06:41	06:35	06:12

Long							
1000M	8yrs	9	10	11	12	13	14
1st	03:51	03:39	03:29	03:20	03:14	03:08	03:03
2nd	04:16	04:02	03:51	03:42	03:35	03:28	03:23
3rd	04:37	04:22	04:10	04:00	03:53	03:45	03:40
4th	05:20	05:03	04:49	04:37	04:29	04:20	04:13
1500M	8yrs	9	10	11	12	13	14
1st	06:20	06:05	05:52	05:41	05:32	05:24	05:17
2nd	07:02	06:46	06:32	06:19	06:09	06:00	05:52
3rd	07:42	07:24	07:08	06:55	06:43	06:34	06:25
4th	08:11	07:52	07:35	07:21	07:09	06:58	06:49

Long			
3000M	15yrs	16	17
1st	10:51	10:40	10:03
2nd	12:12	12:00	11:18
3rd	13:33	13:19	12:33
4th	15:15	15:00	14:08
5000M	15yrs	16	17
1st	19:31	19:12	18:05
2nd	21:40	21:19	20:05
3rd	22:45	22:23	21:05
4th	24:55	24:30	23:05

Standard Times Junior Females

Short							
200M	8yrs	9	10	11	12	13	14
1st	00:36.6	00:34.7	00:33.3	00:32.3	00:31.4	00:30.8	00:28.0
2nd	00:41.1	00:38.9	00:37.4	00:36.2	00:35.3	00:34.5	00:31.4
3rd	00:45.9	00:43.5	00:41.8	00:40.4	00:39.4	00:38.6	00:35.1
4th	00:51.4	00:48.7	00:46.8	00:45.3	00:44.1	00:43.2	00:39.3
400M	8yrs	9	10	11	12	13	14
1st	01:29.5	01:24.5	01:20.6	01:17.5	01:15.0	01:13.8	01:12.2
2nd	01:40.2	01:34.5	01:30.2	01:26.8	01:24.0	01:22.6	01:20.8
3rd	01:52.3	01:46.0	01:41.1	01:37.3	01:34.1	01:32.7	01:30.6
4th	02:10.4	02:03.1	01:57.5	01:53.0	01:49.4	01:47.6	01:45.3

Short			
400M	15yrs	16	17
1st	01:10.9	01:09.7	01:05.2
2nd	01:19.3	01:18.0	01:13.0
3rd	01:28.9	01:27.4	01:21.9
4th	01:43.3	01:41.6	01:35.1
800M	15yrs	16	17
1st	02:33.1	02:30.9	02:24.0
2nd	02:50.1	02:47.7	02:40.0
3rd	03:11.4	03:08.7	03:00.0
4th	03:36.9	03:33.8	03:24.0

Medium							
600M	8yrs	9	10	11	12	13	14
1st	02:26.9	02:19.3	02:13.4	02:08.8	02:05.1	02:02.1	01:49.2
2nd	02:44.5	02:35.9	02:29.3	02:24.2	02:20.0	02:16.6	02:02.3
3rd	03:04.4	02:54.7	02:47.4	02:41.6	02:37.0	02:33.2	02:17.1
4th	03:34.2	03:23.0	03:14.5	03:07.8	03:02.4	02:57.9	02:39.2
800M	8yrs	9	10	11	12	13	14
1st	03:08.9	03:00.0	02:52.9	02:47.3	02:42.7	02:38.9	02:35.7
2nd	03:29.9	03:20.0	03:12.1	03:05.9	03:00.7	02:56.5	02:53.0
3rd	03:56.2	03:45.0	03:36.2	03:29.1	03:23.3	03:18.6	03:14.7
4th	04:27.6	04:15.0	04:05.0	03:57.0	03:50.4	03:45.1	03:40.6

Medium			
1000M	15yrs	16	17
1st	03:13	03:10	03:04
2nd	03:34	03:31	03:25
3rd	04:01	03:58	03:50
4th	04:33	04:29	04:21
1500M	15yrs	16	17
1st	05:30	05:25	05:15
2nd	06:36	06:30	06:18
3rd	07:20	07:14	07:00
4th	08:16	08:10	07:54

Long							
1000M	8yrs	9	10	11	12	13	14
1st	04:01	03:50	03:40	03:32	03:26	03:21	03:16
2nd	04:28	04:15	04:04	03:56	03:49	03:43	03:38
3rd	05:02	04:47	04:35	04:25	04:17	04:11	04:05
4th	05:42	05:25	05:12	05:01	04:51	04:44	04:38
1500M	8yrs	9	10	11	12	13	14
1st	06:26	06:13	06:03	05:54	05:46	05:40	05:34
2nd	07:43	07:28	07:16	07:05	06:56	06:48	06:41
3rd	08:34	08:18	08:04	07:52	07:42	07:33	07:26
4th	09:40	09:22	09:06	08:53	08:41	08:32	08:23

Long			
3000M	15yrs	16	17
1st	12:16	12:07	11:43
2nd	13:47	13:37	13:10
3rd	15:24	15:12	14:42
4th	17:19	17:06	16:32
5000M	15yrs	16	17
1st	21:12	20:56	20:15
2nd	24:10	23:52	23:05
3rd	25:45	25:25	24:35
4th	28:48	28:26	27:30