

2008 TARGETS

MEN		
	Top 10	Top100
100m	10.28	10.85
200m	20.78	22.00
400m	46.0	48.9
800m	1:47.6	1:52.4
1500m	3:39.8	3:51.0
5000m	13:49.0	14:50.0
10000m	29:30.0	34:00.0
Marathon	2:18:00	2:34:00
3000St	8:44.0	9:48.0
110mH	13.96	15.8
400mH	50.9	56.3
HJ	2.18	1.96
PV	5.17	4.05
LJ	7.60	6.85
TJ	15.75	13.60
SP	17.20	13.00
DT	54.00	41.00
HT	64.50	45.00
JT	69.00	54.00
Decathlon	7000	
10kR	29:15	30:50
Hmar	64:45	69:30

WOMEN		
	Top 10	Top100
100m	11.48	12.30
200m	23.50	25.05
400m	52.9	57.0
800m	2:02.4	2:11.0
1500m	4:12.0	4:30.5
5000m	15:55.0	18:40.0
10000m	34:00.0	-
Marathon	2:39:30	3:01:00
3000St	10:20.0	-
100mH	13.58	15.2
400mH	58.2	66.0
HJ	1.82	1.66
PV	3.98	2.85
LJ	6.22	5.55
TJ	12.85	11.10
SP	14.70	11.20
DT	48.50	35.50
HT	57.00	39.00
JT	48.00	36.00
Heptathlon	5350	3200
10kR	33:25	36:10
Hmar	73:15	81:00

MEN U20		
	Top 10	Top 100
100m	10.55	11.0
200m	21.36	22.4
400m	47.8	50.2
800m	1:50.8	1:56.0
1500m	3:50.6	4:01.5
5000m	15:05.0	16:50.0
2000St	6:02.0	6:48.0
110mH	14.5	16.4
400mH	54.0	60.0
HJ	2.05	1.89
PV	4.50	3.55
LJ	7.15	6.47
TJ	14.50	13.00
SP	15.70	12.00
DT	47.00	35.00
HT	59.00	35.50
JT	59.00	45.50
Decathlon	6200	

WOMEN U20		
	Top 10	Top 100
100m	11.8	12.3
200m	24.15	25.5
400m	55.8	59.0
800m	2:08.0	2:15.3
1500m	4:23.0	4:41.0
3000m	9:38.0	10:29.0
100H	14.3	16.3
400mH	62.5	69.7
HJ	1.75	1.62
PV	3.50	2.45
LJ	5.85	5.30
TJ	12.10	10.75
SP	12.40	10.10
DT	42.00	30.80
HT	48.50	31.00
JT	42.00	32.50
Heptathlon	4600	

2008 TARGETS

MEN U17		
	Top 10	Top 100
100m	10.85	11.2
200m	21.95	22.9
400m	49.5	51.7
800m	1:55.2	2:00.0
1500m	3:59.5	4:11.5
3000m	8:45.0	9:20.0
1500St	4:40.0	5:00.0
100mH	13.5	14.7
400mH	56.0	61.2
HJ	1.98	1.81
PV	4.11	2.95
LJ	6.78	6.15
TJ	13.80	12.55
SP	15.40	12.20
DT	45.50	35.00
HT	55.00	33.50
JT	57.00	45.00
Octathlon	4850	3400

WOMEN U17		
	Top 10	Top 100
100m	12.03	12.5
200m	24.56	25.9
300m	39.95	42.2
800m	2:10.75	2:17.0
1500m	4:31.0	4:47.0
3000m	9:58.0	10:51.0
80mH	11.57	12.5
300H	44.20	48.6
HJ	1.71	1.60
PV	3.30	2.15
LJ	5.68	5.16
TJ	11.55	10.33
SP	11.40	9.10
DT	38.00	28.00
HT	41.50	24.00
JT	39.00	30.00
Heptathlon	4300	3150

MEN U15		
	Top 10	Top 100
100m	11.3	11.8
200m	23.0	24.2
400m	52.2	55.5
800m	2:01.5	2:09.0
1500m	4:14.0	4:31.0
80mH	11.49	12.4
HJ	1.81	1.66
PV	3.25	2.15
LJ	6.18	5.60
TJ	12.45	11.20
SP	14.20	11.70
DT	41.00	31.00
HT	48.50	30.00
JT	48.50	38.00
Pentathlon	2750	2075

WOMEN U15		
	Top 10	Top 100
100m	12.35	12.85
200m	25.45	26.6
800m	2:14.5	2:22.5
1500m	4:40.0	4:57.0
75mH	11.4	12.2
HJ	1.65	1.52
PV	2.71	-
LJ	5.38	4.90
SP	11.20	9.20
DT	32.00	23.75
JT	33.50	25.50
Pentathlon	2900	2300