

Junior Achievers & Youth Achievers Performance Standards 2008

The below standards must be achieved in the 2008 season to qualify for the High Performance Achievers programme 2008/ 2009. If an athlete that you are aware has reached the qualifying mark please contact Gareth Devlin performance@athleticsireland.ie with the Athletes details, including DOB and the performance details including competition venue, date, wind readings implement weight etc.

1989 U20	1990 U19	1991 U18	1992 U17	Event	1989 U20	1990 U19	1991 U18	1992 U17
Male					Female			
10.85	11.10	11.20	11.30	100m	12.05	12.20	12.30	12.40
21.85	22.40	22.60	22.80	200m	24.65	25.20	25.45	25.70
48.85	50.00	50.50	51.00	400m	55.60	56.50	57.00	57.50
1.52.90	1.56.00	1.57.00	1.58.00	800m	2.09.00	2.12.00	2.14.50	2.17.00
3.53.00	3.59.00	4.01.00	4.03.00	1500m	4.26.50	4.33.00	4.36.00	4.39.00
-	8.40.00	8.45.00	8.50.00	3000m	9.45.00	9.50.00	9.55.00	10.00.00
9.15.00 (3000 s/t)	6.07.00	6.10.00	6.14.00	2000m S/C	10.43.00 (3000s/t)	-	-	-
14.50 (0.99) 14.90 (1.067)	14.80	14.95	15.10	110mH (91.4cm) 100m H(91.4cm)				
	13.40	13.55	13.90	100mH (76.2cm)	14.40	14.40	14.55	14.70
54.50 (0.914)	54.80	55.30	55.90	400mH (84cm)				
				400mH (76.2cm) 300mH (76.2cm)	61.20 (0.762)	62.00 43.00	62.60 43.50	63.20 44.00
45.30	47.00	47.45	N.A.	10000m Walk	52.00	-	-	-
-	-	-	-	5000m Walk	-	25.30	25.55	N.A.
2.09m	2.02m	1.98m	1.95m	High Jump	1.78m	1.73m	1.71m	1.69m
4.85m	4.50m	4.45m	4.40m	Pole Vault	3.60m	3.30m	3.25m	3.20m
7.25m	6.85m	6.80m	6.70m	Long Jump	6.00m	5.80m	5.75m	5.70m
14.90m	14.30m	14.15m	14.00m	Triple Jump	12.50m	11.90m	11.80m	11.70m
16.00m (6kg)	16.00m	15.85m	15.70m	Shot (5kg)				
-	-	-	-	Shot (4kg)	13.50m	12.25m	12.10m	12.00m
49.00m (1.75kg)	48.00m	47.50m	47.00m	Discus (1.5kg)				
-	-	-	-	Discus (1kg)	45.00m	41.00m	40.50m	40.00m
60.00m (6kg)	58.00m	57.50m	57.00m	Hammer (5kg)				
	-	-	-	Hammer (4kg)		46.00m	45.50m	45.00m
61.00m (800g)	58.00m	57.50m	57.00m	Javelin (700g)				
				Javelin (600g)	47.00m	44.00m	43.50m	43.00m
6650 (decathlon)	5200pts	5150pts	N.A.	Octathlon				
				Heptathlon	4950pts	4600pts	4550pts	N.A.