

Sheet1

	Men	Women
100m		10.7 11.9
200m		21.5 24.5
400m		48 57
800m		01:53.00 02:09.00
1500m		03:55.00 04:28.00
3000m		08:38.00 09:50.00
Hurdles	14.80 (99cm)	14.30 (84cm)
High Jump		2.03 1.77
Pole Vault		4.8 3.6
Long Jump		7.1 5.9
Triple Jump		14.35 12
Shot	16.50 (6kg)	13.00 (4k)
Discus	50.00 (1.75kg)	42.00 (1k)
Hammer	55.00 (6kg)	45.00 (4k)
		46.00
Javelin	56.00 (800gms)	(600gms)