

TIS Athletics Performance Pathway Standards

Men

Track	100m	200m	400m	800m	1500m	5000m	10000m	110mH	400mH	3000mSC	10000mW	20kmW
Time (h:mm:ss.ss)	10.54	21.25	47.35	01:49.1	03:44.9	14:22.3	30:00.9	13.98	51.71	08:51.4	43:05	1:25:35

Field	High Jump	Long Jump	Triple Jump	Pole Vault	Shot Put	Discus	Javelin	Hammer	Decathlon
Dist (m) / Pts	2.17	7.76	16.24	5.39	19.24	60.36	76.63	73.02	7459

Women

Track	100m	200m	400m	800m	1500m	5000m	10000m	100mH	400mH	3000mSC	10000mW	20kmW
Time (h:mm:ss.ss)	11.75	23.94	53.57	02:04.4	04:16.8	16:23.5	34:20.3	13.43	57.50	10:02.2	48:19	1:36:08

Field	High Jump	Long Jump	Triple Jump	Pole Vault	Shot Put	Discus	Javelin	Hammer	Heptathlon
Dist (m) / Pts	1.84	6.31	13.52	4.26	17.02	57.23	57.15	68.18	5739