

**Athletics NZ High Performance "Able-bodied" Carding Standards**  
(i.e. performance required to trigger consideration for carding OR to retain carding)



**Female**

Event	Age turned during the year (i.e. age at 31st December)							
	26+ WC/OG "A"	25 WC/OGs "B"	24	23	22	21	20	19 or under WJCs "A"
100	11.26	11.30	11.36	11.42	11.44	11.46	11.48	11.50
200	22.90	23.10	23.18	23.25	23.30	23.35	23.40	23.45
400	51.70	52.10	52.24	52.38	52.46	52.54	52.62	52.70
800	02:00.50	02:01.00	02:01.45	02:01.90	02:02.30	02:02.70	02:03.10	02:03.50
1500	04:05.00	04:07.50	04:10.00	04:12.00	04:13.00	04:14.00	04:15.00	04:16.20
3000								09:27.00
5000	15:18.00	15:24.00	15:30.00	15:36.00	15:42.00	15:48.00	15:54.00	16:00.00
10000	32:15.00	32:20.00	32:25.00	32:30.00	32:45.00	33:00.00	33:15.00	n/a
Marathon	2hr 27:00	2hr 28:30	2hr 32:00	2hr 35:00	2hr 38:00			n/a
10Km RW							47:30.00	48:10.00
20Km RW	1hr 30:30	1hr 31:00	1hr 33:30	1hr 36:00	1hr 37:30	1hr 38:30	1hr 39:30	
3000SC	09:32.00	09:42.00	09:48.00	09:53.00	09:58.00	10:03.00	10:09.00	10:15.00
100H	12.98	13.05	13.15	13.25	13.32	13.38	13.44	13.50
400H	55.90	56.10	56.55	57.00	57.30	57.60	57.90	58.20
Heptathlon	6250	6200	5950	5820	5740	5660	5580	5500
HJ	1.94	1.92	1.91	1.90	1.89	1.88	1.87	1.86
PV	4.58	4.55	4.45	4.36	4.32	4.28	4.24	4.20
LJ	6.75	6.65	6.58	6.51	6.47	6.43	6.39	6.35
TJ	14.15	14.10	14.05	13.58	13.52	13.46	13.40	13.35
SP	18.40	17.75	17.45	17.05	16.65	16.25	15.85	15.45
DT	63.00	61.20	59.50	58.00	56.50	55.50	54.50	53.40
HT	72.00	71.00	69.00	67.00	65.50	64.40	63.30	62.20
JT	63.00	61.40	59.50	58.00	57.00	56.10	55.30	54.50

**Male**

Event	Age turned during the year (i.e. age at 31st December)							
	26+ WC/OG "A"	25 WC/OGs "B"	24	23	22	21	20	19 or under WJCs "A"
100	10.12	10.20	10.24	10.27	10.29	10.31	10.33	10.35
200	20.44	20.50	20.58	20.65	20.69	20.71	20.73	20.75
400	45.30	45.50	45.65	45.78	45.86	45.94	46.02	46.10
800	01:45.90	01:46.30	01:46.50	01:46.70	01:46.85	01:47.00	01:47.15	01:47.30
1500	03:36.00	03:37.50	03:38.50	00:39.50	03:41.20	00:41.70	00:42.20	03:42.70
5000	13:20.00	13:22.60	13:25.00	13:30.00	13:35.00	13:40.00	13:45.00	13:50.00
10000	27:45.00	27:55.00	28:10.00	28:25.00	28:45.00	29:05.00	29:25.00	29:45.00
Marathon	2hr 11:00	2hr 12:00	2hr 14.00	2hr 16:00	2hr 18:00			
10Km RW							41:00.00	41:40.00
20Km RW	1hr 21:00	1hr 21:30	1hr 24.00	1hr 26:45	1hr 28:00	1hr 29:15	1hr 30:30	
50Km RW	n/a	3hr 50:00	4hr 10:00	4hr 25:00				n/a
3000SC	08:25.00	08:32.00	08:34.50	08:37.00	08:40.00	08:43.00	08:46.50	08:50.00
100H 99.1cm								13.60
100H 106.7cm	13.48	13.55	13.60	13.70	13.80	13.90	14.05	n/a
400H	49.35	49.60	49.90	50.20	50.40	50.60	50.80	51.00
Decathlon U20								7400pts
Decathlon	8160pts	8100pts	7900pts	7700pts	7600pts	7500pts	7400pts	n/a
HJ	2.30	2.28	2.26	2.25	2.23	2.22	2.20	2.19
PV	5.70	5.60	5.52	5.45	5.40	5.35	5.30	5.25
LJ	8.15	8.05	8.00	7.95	7.90	7.85	7.80	7.75
TJ	16.85	16.80	16.70	16.60	16.45	16.30	16.15	16.00
SP U20 6Kg								19.55
SP 7.26Kg	20.50	20.40	20.00	19.70	19.40	19.20	18.80	n/a
DT U20 1.75Kg								59.40
DT 2Kg	65.30	65.00	63.00	61.50	60.00	58.50	57.00	n/a
HT U20 6Kg								73.50
HT 7.26Kg	76.40	76.00	74.25	72.50	71.00	69.50	68.00	n/a
JT	84.00	83.00	81.00	79.00	77.50	76.50	75.50	74.60