



## ANSW STANDARDS for ALLCOMERS 2013

Whilst there are no standards required to be met to enter the Allcomers series, there are standards required to be met in order to gain a further three (3) attempts in field events.

During the Allcomers Series for 2013, each athlete will receive three (3) attempts in all field events, except vertical jumps. For athletes to gain a further three (3) attempts, they will need to equal or better the standards as outlined below. These may be subject to change.

### Men

	<b>Masters 30+</b>	<b>Open</b>	<b>U20</b>	<b>U18</b>	<b>U16</b>	<b>U14</b>
Javelin	30.00m	51.20m	40.00m	43.20m	38.40m	28.80m
Discus	27.00m	36.00m	31.20m	30.40m	28.80m	24.00m
Hammer	28.00m	37.60m	28.80m	32.00m	25.60m	n/a
Shot Put	9.00m	11.60m	9.60m	11.52m	11.52m	10.56m
Long Jump	4.80m	5.84m	5.44m	5.28m	4.88m	4.24m
Triple Jump	8.00m	11.60m	10.72m	10.56m	9.84m	8.80m

### Women

	<b>Masters 30+</b>	<b>Open</b>	<b>U20</b>	<b>U18</b>	<b>U16</b>	<b>U14</b>
Javelin	17.00m	33.60m	30.40m	33.60m	30.40m	24.00m
Discus	25.00m	36.00m	31.20m	30.40m	28.80m	24.00m
Hammer	23.00m	33.60m	24.00m	27.60m	24.80m	n/a
Shot Put	7.50m	15.00m	8.96m	10.12m	9.60m	8.40m
Long Jump	4.00m	4.68m	4.40m	4.40m	4.24m	3.92m
Triple Jump	7.00m	9.28m	9.12m	9.04m	8.80m	8.40m