

Age group	Event	Weights	District Standard
Junior Boys	100m		12.5
Junior Boys	200m		25.6
Junior Boys	300m		42.0
Junior Boys	800m		02:20.0
Junior Boys	1500m		04:50.0
Junior Boys	80m Hurdles		13.80
Junior Boys	4x100m relay		51.20
Junior Boys	High Jump		1.50
Junior Boys	Long Jump		5.00
Junior Boys	Triple Jump		10.00
Junior Boys	Pole Vault		2.10
Junior Boys	Shot	4kg	9.50
Junior Boys	Discus	1.25kg	24.00
Junior Boys	Javelin	600g	30.00
Junior Boys	Hammer	4kg	24.00
Inter Boys	100m		12.00
Inter Boys	200m		24.40
Inter Boys	400m		55.50
Inter Boys	800m		02:10.0
Inter Boys	1500m		04:30.0
Inter Boys	3000m		10:00.0
Inter Boys	100m Hurdles		16.0
Inter Boys	400m Hurdles		68.0
Inter Boys	1500m S/C		05:20.0
Inter Boys	4x100m relay		48.0
Inter Boys	High Jump		1.60
Inter Boys	Long Jump		5.50
Inter Boys	Triple Jump		11.00
Inter Boys	Pole Vault		2.20
Inter Boys	Shot	5kg	10.00
Inter Boys	Discus	1.5kg	26.00
Inter Boys	Javelin	700g	33.00
Inter Boys	Hammer	5kg	24.00

Age group	Event	Weights	District Standard
Junior Girls	100m		13.5
Junior Girls	200m		28.0
Junior Girls	300m		46.0
Junior Girls	800m		02:33.0
Junior Girls	1500m		05:20.0
Junior Girls	75m Hurdles		13.5
Junior Girls	4x100m Relay		55.4
Junior Girls	High Jump		1.40
Junior Girls	Long Jump		4.40
Junior Girls	Pole Vault		1.80
Junior Girls	Shot	3kg	8.00
Junior Girls	Discus	1kg	19.00
Junior Girls	Javelin	500g	23.00
Junior Girls	Hammer	3kg	21.00
Inter Girls	100m		13.4
Inter Girls	200m		27.5
Inter Girls	300m		45.5
Inter Girls	800m		02:32.0
Inter Girls	1500m		05:15.0
Inter Girls	3000m		12:00.0
Inter Girls	80m Hurdles		14.0
Inter Girls	300m Hurdles		54.0
Inter Girls	1500m S/C		06:15.0
Inter Girls	4x100m Relay		48.0
Inter Girls	High Jump		1.45
Inter Girls	Long Jump		4.60
Inter Girls	Triple Jump		9.00
Inter Girls	Pole Vault		1.90
Inter Girls	Shot	3kg	8.70
Inter Girls	Discus	1kg	21.00
Inter Girls	Javelin	500g	25.00
Inter Girls	Hammer	3kg	23.00