

St. Abban's Athletic Club

Club Achiever Award (€300)

St. Abban's A.C. Club Standards List			
Event	Men	Event	Women
100 Meters	11:00/10:80 sec	100 Meters	12:50/12.30 sec
200 Meters	22:50/22:30 sec	200 Meters	25:50/25:30 sec
400 Meters	50:00/49:80 sec	400 Meters	57:50/57:30 sec
800 Meters	01:56 min	800 Meters	02:12 min
1500 Meters	03:56 min	1500 Meters	04:30 min
3000 Meters	08:20 min	3000 Meters	09:20 min
5000 Meters	14:20 min	5000 Meters	15:45 min
10000 Meters	30:00 min	10000 Meters	33:00 min
3000 Steeplechase	09:20 min	3000 Steeplechase	10:40 min
110 Hurdles	15:30/15:10 sec	100 Hurdles	15:30/15:10 sec
400m Hurdles	53:50/53:10 sec	400m Hurdles	60:00/61:80 sec
5K Walk	23:00 min	3K Walk	16:00 min
Long Jump	7:00m	Long Jump	5.60m
High Jump	2.00m	High Jump	1.70m
Triple Jump	14.00m	Triple Jump	12.00m
Pole Vault	4.00m	Pole Vault	4.00m
Shot Putt	12:50m	Shot Putt	12:50m
Discus	40:00m	Discus	40:00m
Javelin	58.00m	Javelin	40:00m
Hammer	42:00m	Hammer	42:00m
56 lbs. W.F.	7.50m		
Decathlon	6,000 Points	Heptathlon	4,300 Points

Please Note

1. The achiever must be a member of the club when the performance is achieved.
2. Only standards achieved in recognised competition will count.
3. Hand timed must be 0.2 seconds better than electric standard.
4. Wind assisted performances will not count.
5. Athletes can collect once per event.
6. Any number of athletes may achieve the standard per event.
7. It is the athlete's responsibility to furnish the official results to be considered for the achiever award to coach or club secretary.
8. The award sum is set at **€300** per event.