

Island Games Standards

	Men	Women
100m	11.40	13.00
200m	23.30	26.80
400m	51.50	61.00
800m	1.59.50	2.22.00
1500m	4.06	4.48.00
5000m	16.15	18.50
10000m	34	39.10
110mh/100mh	15.80	16.10
400mh	59.00	68.00
3000 s/c	10.25	12.00
Half Marathon	75.30	89.00
High Jump	1.85	1.50
Pole Vault	3.60	2.40
Long Jump	6.45	4.90
Triple Jump	13.00	11.00
Shot Put	12.00	10.00
Discus	38.00	30.00
Hammer	42.00	34.00
Javelin	48.00	31.00

1. Performances to be achieved in calendar year 2012
2. Athletes must be able to perform within standard at end of May 2013
3. Performances must be achieved in "Power of Ten meets"
4. For events up to 800m only electronic times will be allowed
5. Achievement of the standard will guarantee consideration for selection.
6. Athletes are expected to support the main Guernsey meetings including CI Champs, Intertrust Meeting, XC Inter -Insular (if applicable)
7. Athletes are expected to regularly volunteer to help at GIAAC events (marshalling, fund raising etc)