Mid South Canterbury Sub Centre of Canterbury Inc.

Records - updated August 2022

Event	Snr Men	M U20	M U19	M U18	M U17	M U16	Snr Women	W U20	W U19	W U18	W U17	W U16
100m	10.69s	10.86	10.86s	10.89s		Std 11.3s	12.0s	12.37s	12.37s	12.37s	12.40s ET	12.40sET
200m	21.10s	Std 21.59s	21.59s	21.59s		Std 22.9s	24.17s	2417s	24.17s	24.17s	24.17s	24.17s
400m	47.33s		48.76s	48.76s	48.76s	BP 51.70s	55.32s	55.32s	55.32s	55.32s	56.39s	56.39s
800m	1:52.20m		Std 1:55.5m		2:04.46min	2:04.46min	2:10.20m	2:08.95m	Std 2:11.20m	2:13.4m	2:13.4s	2:13.42m
1500m	3:48.60m	4:10.85 BP	4:10.85 BP	4:10.85 BP	4:16.02min	4:16.02min	4:33.7m		Std 4:36.40m			4:39.63m
3000m	8:07.60m		Std 9:15.6m			Std 9:16.1m	9:44.4m		Std 10:11.0m			Std 10.21.0m
5000m	14:17.5m		Std 15:36.5m				Std 16.30.0m					
10,000m	29:35.0m											
Walk 3000m	12:26.21m	12:26.21m	12:26.21m		12:50.34m	13:41.38m						
Walk 2000m												10:15.54m
Walk 10,000m			46:37.26m									
Hurdles 80m										14.45s h		11.4s
Hurdles 100m				13.22s			14.3s	14.01s	14.44s 840mm	14.27s 726mm		Std 14.7s
Hurdles 110m	14.9s	13.92s 990mm	13.92s 990mm	13.84s 914mm	14.33s 914mm	Std 15.0s						Std 47.0s
Hurdles 300m			Std 40.0s			Std 40.8s			Std 46.1s			
Hurdles 400m	58.8s		Std 56.2s			Std 57.6s	1:04.6m		Std 1:04.6m			
4 x 100m Relay	43.4s		Std 44.7s			Std 45.8s	48.9s		Std 43.9s			Std 50.1s
4 x 400m Relay	Std 3:20.0		Std 3:23.2m			Std 3:29.7m			Std 4:04.0m			Std 4:08.0m
Long Jump	7.55m		Std 6.87m	7.10m	7.10m	6.90m	6.30m	6.36m	Std 6.17m	6.04m	5.69m	5.58m
Triple Jump	13.50m		Std 13.23m			Std 12.53m	11.81m	12.60m	12.60m	12.45m		Std 12.45m
High Jump	2.13m		Std 2.10m			1.97m	1.80m	1.79m		1.75m		1.65m
Pole Vault	4.30m		Std 4.05m		3.90m	Std 3.70m						
Shot Put	22.67m	20.56m	20.56m	20.21m 5kg	18.38m 5kg	18.38m 5kg	13.39m	15.97m	15.92m			Std 12.41m
Discus	50.76m				55.93m	51.17m 1.5kg	44.49m	53.40m	44.49m	44.49m	42.94m 1kg	Std 39.48m
Javelin	66.12m			61.22m 700gm		53.00m	Std 41.40m		51.52m	Std 45.53m		Std 37.35m
Hammer	50.10m		56.40m	57.96m 5kg		Std 52.98m						
Hammer 3kg						Std 5674pts				63.67m	60.17m	55.67m
Hammer 4kg								60.35m	57.81m	48.01m	47.01m	47.01m
Pentathlon							Std 3500pts		Std 3182pts			
Heptathlon							6278pts	6092pts	6092pts	5136pts		
Decathlon	7473pts	7222pts	7222pts	6200pts								
Octathlon					5829pts	5829pts						
2000Steeplechase		6:25.18BP	6:25.18BP									
		24/03/2018	24/03/2018									