**Jersey Athletics Association**

**Performance Indicators**

**Island Games – Gibraltar 2018**

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| --- | --- | --- | --- | --- |
| **Event** | **Men A**  | **B**  | **Women A** | **B**  |
| 100m | 11.20 | 11.64 | 12.70 | 13.20 |
| 200m | 22.90 | 23.71 | 26.20 | 27.10 |
| 400m | 50.80 | 52.80 | 60.00 | 62.00 |
| 800m | 1.58.50 | 2.02.90 | 2.19.00 | 2.24.50 |
| 1500m | 4.04.50 | 4.13.76 | 4.45.00 | 4.58.40 |
| 3000m Steeplechase | 10.00.00 | 10.34.00 | 12.00.00 | 12.28.00 |
| 400m Hurdles | 56.90 | 59.00 | 67.80 | 69.90 |
| 110m/100 Hurdles | 15.90 | 16.56 | 16.00 | 16.90 |
| 5000m | 15.50.00 | 16.28.00  | 18.30.00 | 19.14.00 |
| 10000m | 33.10.00 | 35.09.60 | 39.05.00 | 40.20.60 |
| ½ Marathon | 1.14.20 | 1.16.30 | 1.26.45 | 1.30.00 |
| High Jump | 1.86 | 1.82 | 1.55 | 1.51 |
| Long Jump | 6.40 | 6.20 | 4.95 | 4.80 |
| Triple Jump | 13.50 | 13.03 | 10.50 | 10.25 |
| Shot | 12.50 | 12.12 | 10.20 | 9.90 |
| Discus | 40.00 | 38.80 | 34.00 | 32.98 |
| Pole Vault  | 3.30 | 3.00 | 2.75 | 2.50 |
|  |  |  |  |  |