**Jersey Athletics Association**

**Performance Indicators**

**Island Games – Guernsey 2021**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |
| --- | --- | --- |
| **Event** | **Men**  | **Women**  |
| 100m | 11.64 | 13.20 |
| 200m | 23.71 | 27.10 |
| 400m | 52.80 | 62.00 |
| 800m | 2.02.90 | 2.24.50 |
| 1500m | 4.13.76 | 4.58.40 |
| 3000m Steeplechase | 10.34.00 | 12.28.00 |
| 400m Hurdles | 59.00 | 69.90 |
| 110m/100 Hurdles | 16.56 | 16.90 |
| 5000m | 16.28.00  | 19.14.00 |
| 10000m | 35.09.60 | 40.20.60 |
| ½ Marathon | 1.16.30 | 1.30.00 |
| High Jump | 1.82 | 1.51 |
| Long Jump | 6.20 | 4.80 |
| Triple Jump | 13.03 | 10.25 |
| Hammer  | 40.50  | 30.00 |
| Javelin  | 49.00 | 31.80  |
| Shot | 12.12 | 9.90 |
| Discus | 38.80 | 30.00 |
| Pole Vault  | 3.00 | 2.50 |
|  |  |  |

*Please note we do not have confirmation from the Guernsey island games organisation committee that all of the above events will be held.*