

Standards per event			2014						
	1	2	3	4	5	6	2014	2013	2012
	12th May	28th May	12th June	27th June	10th July	28th July	Total	Total	Total
								2 D	1D
100m		1 Plat	1 Plat		2 Plat		4P	14P	6P
		8 Gold	2 Gold		3 Gold		13G	17G	13G
		(9 Gold +)	(3 Gold+)		(5 Gold+)		(17G+)	(23G+)	(21G+)
200m		1 Diam					1D	4D	8D
		1 Plat		1 Plat		3 Plat	5P	19P	10P
		5 Gold		3 Gold		3 Gold	11G	11G	15G
		(7 Gold+)		(4 Gold+)		(8 Gold+)	(17G+)	(34G+)	(33G+)
400m	1 Diam						1D	3D	8D
	4 Plat		4 Plat		4 Plat		12P	9P	12P
	3 Gold		4 Gold		3 Gold		10G	17G	13G
	(8 Gold+)		(8 Gold+)		(7 Gold+)		(23G+)	(29G+)	(33G+)
800m		1 Diam		1 Diam		7 Diam	9D	1D	6D
		3 Plat		4 Plat		3 Plat	10P	25P	16P
		14 Gold		4 Gold		9 Gold	27G	22G	29G
		(18 Gold+)		(9 Gold +)		(19 Gold +)	(49G+)	(48G+)	(51G+)
1500m					1 Diam		1D	(46)	
1 mile	1 Diam		7 Plat		3 Plat	5 Plat	15P	4D	1D
	5 Plat		6 Gold		8 Gold	3 G	17G	17P	13P
	8 Gold		(15 Gold+)		(12 Gold +)	(8G+)	(33G+)	23G	20G
	(14 Gold+)							(44G+)	(34G+)
3000mSC				1 Diam		1 Diam	2D		1D
3000m		6 Plat		5 Plat			11P	11P	14P
		5 Gold		4 Gold		2 Gold	11G	16G	15G
		(11 Gold+)		(10 Gold +)		(3 Gold+)	(24G+)	(27G+)	(30G+)
5000m								3P	2P
								5G	6G
								(8G+)	(8G+)
High Jmp		1 Diam	1 Gold		4		1D	4P	1P
		1 Gold					1G	2G	2G
		(2 GOLD+)					(2G+)	(6G+)	(3G+)
Long Jmp	1 gold							1D	
				1 Plat			1P	1P	1P
				1 Gold		2 Gold	4G	1G	9G
				(2 Gold +)			(5G+)	(3G+)	(10G+)
Pole Vault						1 Plat	1 Plat		0
Javelin		4		2 Gold		1 Gold	3G	2G	0
Discus	1 Gold	1 Plat	3		3		1P	2P	
							1G	3G	
							(2G+)	(5G+)	0
Shot	1 Gold		1 Gold		3		2G	2P	
								3G	1G
								(5G+)	(1G+)
Hammer				3		2		3G	0
4 X 100m		2 Diam					2D	4D	2D
4 X 400			1 Plat				2P	3P	
Medley Rel			1 Gold			1P	1G	6G	1G
			(2 Gold +)				(5 Gold +)	(13G+)	(3G+)