

## 4J Studios scottishathletics Senior Track & Field Championships

### Prize Pot Information

- Notes:**
- \* Total Prize fund of £3000 awarded to, or shared by athletes who achieve or exceed the prize pot standard at the 4J scottishathletics National Track & Field Championships.
  - \* Track standards may be achieved in any round.
  - \* Winning athlete must be eligible to represent Scotland as per current Commonwealth Games selection criteria.
  - \* Prize pot shares will be equally shared between all eligible athletes (including Para)
  - \* Any prize pot that is not achieved will roll over to the following Outdoor Summer Senior Track & Field Championship to a maximum of £6000.
  - \* Wind assisted performances will not be eligible.

| Standards based on 2025 European U23 GB Selection Performances |                       |          |
|----------------------------------------------------------------|-----------------------|----------|
| MEN                                                            | Event                 | WOMEN    |
| 10.30                                                          | 100m                  | 11.40    |
| 20.80                                                          | 200m                  | 23.30    |
| 46.00                                                          | 400m                  | 52.50    |
| 1:46.50                                                        | 800m                  | 2:03.00  |
| 3:38.00                                                        | 1500m                 | 4:12.50  |
| 13:36.00                                                       | 5000m                 | 15:50.00 |
| 8:40.00                                                        | 3000m SC              | 9:55.00  |
| 13.70                                                          | 110mH /100mH          | 13.20    |
| 50.00                                                          | 400mH                 | 57.00    |
| 7.75                                                           | Long Jump             | 6.50     |
| 2.18                                                           | High Jump             | 1.87     |
| 16.15                                                          | Triple Jump           | 13.45    |
| 5.50                                                           | Pole Vault            | 4.30     |
| 19.20                                                          | (7.26Kg) Shot (4kg)   | 16.50    |
| 58.50                                                          | (2kg) Discus (1kg)    | 54.00    |
| 71.50                                                          | (7.26kg) Hammer (4kg) | 66.00    |
| 77.50                                                          | (800g) Javelin (700g) | 55.00    |

**4J Studios scottishathletics Senior Track & Field Championships  
Prize Pot Information (Para Athletes)**

- Notes:**
- \* Total Prize fund of £3000 awarded to, or shared by athletes who achieve or exceed the prize pot standard at the 4J scottishathletics National Track & Field Championships.
  - \* Track standards may be achieved in any round.
  - \* Winning athlete must be eligible to represent Scotland as per current Commonwealth Games selection criteria.
  - \* To be eligible athletes must have a National Classification (Confirmed or with a Fixed Review date).
  - \* Prize pot shares will be equally shared between all eligible athletes.
  - \* Any prize pot that is not achieved will roll over to the following Outdoor Summer Senior Track & Field Championship to a maximum of £6000.
  - \* Wind assisted performances will not be eligible.
  - \* Event listings are not exhaustive and will be revised following final entries.

| Standards based on 95% of current World Record / Best Known Performance |          |               |          |                    |
|-------------------------------------------------------------------------|----------|---------------|----------|--------------------|
| MEN<br>95% of WR                                                        | WR       | Event         | WR       | WOMEN<br>95% of WR |
| 10.94                                                                   | 10.42    | 100m T12      | 11.40    | 11.97              |
| 11.00                                                                   | 10.48    | 100m T20      | 12.04    | 12.64              |
| 15.18                                                                   | 14.46    | 100m T34      | 16.31    | 17.13              |
| 11.96                                                                   | 11.39    | 100m T35      | 13.00    | 13.65              |
| 12.31                                                                   | 11.72    | 100m T36      | 13.23    | 13.89              |
| 11.50                                                                   | 10.95    | 100m T37      | 12.27    | 12.88              |
| 11.17                                                                   | 10.64    | 100m T38      | 12.26    | 12.87              |
| 10.80                                                                   | 10.29    | 100m T47      | 11.89    | 12.48              |
| 14.81                                                                   | 14.10    | 100m T53      | 15.20    | 15.96              |
| 14.22                                                                   | 13.54    | 100m T54      | 15.35    | 16.12              |
| 21.43                                                                   | 20.41    | 100m T71      | 19.89    | 20.88              |
| 15.35                                                                   | 14.62    | 100m T72      | 16.82    | 17.66              |
| 22.63                                                                   | 21.55    | 200m T12      | 23.02    | 24.17              |
| 22.52                                                                   | 21.45    | 200m T20      | 25.01    | 26.26              |
| 24.15                                                                   | 23.00    | 200m T34      | 28.90    | 30.35              |
| 24.15                                                                   | 23.00    | 200m T35      | 27.17    | 28.53              |
| 23.80                                                                   | 23.80    | 200m T36      | 27.18    | 28.54              |
| 23.01                                                                   | 21.91    | 200m T37      | 25.75    | 27.04              |
| 22.91                                                                   | 21.82    | 200m T38      | 24.98    | 26.23              |
| 21.87                                                                   | 20.83    | 200m T47      | 24.34    | 25.56              |
| 48.80                                                                   | 46.48    | 400m T20      | 54.51    | 57.24              |
| 54.12                                                                   | 51.54    | 400m T36      | 55.64    | 58.42              |
| 51.81                                                                   | 49.34    | 400m T37      | 60.29    | 63.30              |
| 50.40                                                                   | 48.00    | 400m T38      | 58.67    | 61.60              |
| 48.98                                                                   | 46.65    | 400m T47      | 55.60    | 58.38              |
| 48.42                                                                   | 46.11    | 400m T53      | 49.02    | 51.47              |
| 45.63                                                                   | 43.46    | 400m T54      | 50.05    | 52.55              |
| 101.94                                                                  | 97.09    | 400m T71      | 81.31    | 85.38              |
| 62.40                                                                   | 59.43    | 400m T72      | 73.32    | 76.99              |
| 1:54.48                                                                 | 1:49.03  | 800m T20      | 2:15.79  | 2:22.58            |
| 3:56.15                                                                 | 3:44.90  | 1500m T20     | 4:19.22  | 4:32.18            |
| 9:57.99                                                                 | 9:29.51  | 3000m SC T20  | 14:28.80 | 15:12.24           |
| 14:51.99                                                                | 14:09.51 | 5000m T20     | 17:02.28 | 17:53.39           |
| 44.27                                                                   | 46.60    | Club F32      | 29.36    | 27.89              |
| 47.38                                                                   | 49.87    | Discus F20    | 43.68    | 41.50              |
| 23.04                                                                   | 24.25    | Discus F32    | 13.97    | 13.27              |
| 29.58                                                                   | 31.14    | Discus F33    | 20.70    | 19.67              |
| 40.81                                                                   | 42.96    | Discus F36    | 28.01    | 26.61              |
| 56.76                                                                   | 59.75    | Discus F37    | 38.73    | 36.79              |
| 54.28                                                                   | 57.14    | Discus F38    | 38.82    | 36.88              |
| 46.12                                                                   | 48.55    | Discus F57    | 35.76    | 33.97              |
| 25.72                                                                   | 27.07    | Javelin F33   | 16.99    | 16.14              |
| 54.92                                                                   | 57.81    | Javelin F37   | 37.86    | 35.97              |
| 33.54                                                                   | 35.30    | Javelin F55   | 27.07    | 25.72              |
| 48.85                                                                   | 51.42    | Javelin F57   | 25.95    | 24.65              |
| 45.07                                                                   | 47.44    | Hammer F20    | 50.51    | 47.98              |
| 7.29                                                                    | 7.67     | Long Jump T20 | 6.21     | 5.90               |
| 16.84                                                                   | 17.73    | Shot F20      | 16.75    | 15.91              |
| 12.13                                                                   | 12.77    | Shot F33      | 8.23     | 7.82               |
| 16.32                                                                   | 17.18    | Shot F36      | 11.79    | 11.20              |
| 16.64                                                                   | 17.52    | Shot F37      | 15.50    | 14.73              |
| 19.36                                                                   | 20.38    | Shot F38      | 13.12    | 12.46              |
| 12.29                                                                   | 12.94    | Shot F55      | 9.06     | 8.61               |
| 15.77                                                                   | 16.60    | Shot F57      | 11.67    | 11.09              |