

| Event | Men | Women |
|---------------|---------|---------|
| 100 | 10.85 | 12.20 |
| 200 | 22.00 | 25.00 |
| 400 | 48.50 | 56.00 |
| 800 | 1.52 | 2.09 |
| 1500 | | 04:35.0 |
| 1 Mile | 04:10.5 | |
| 5000 | 14:30.0 | 17.20 |
| 3000m Steeple | 09:30.0 | 11.00 |
| 100m Hurdles | | 15.00 |
| 110m Hurdles | 15.20 | |
| 400m Hurdles | 55.00 | 63.50 |
| High Jump | 2.00 | 1.70 |
| Pole Vault | 4.35 | 3.40 |
| Long Jump | 7.00 | 5.60 |
| Triple Jump | 14.30 | 11.70 |
| Shot | 14.00 | 12.00 |
| Discus | 45.00 | 40.00 |
| Hammer | 53.00 | 47.00 |
| Javelin | 60.00 | 40.50 |
| Walks | NS | NS |

Mens High Jump will start at 1.80, 1.90, 2.00. then 5's

Womens High Jump will start at 1.45, 1.55, 1.65, then 3's

Mens Pole Vault will start at 3.95, 4.15, 4.35, 4.50 then 10's

Womens Pole vault will start at 2.80, 3.00, 3.20, 3.40 then 10's

Mens Triple Jump board 13.00 metres only

Womens Triple jump board 9m & 11.00 metres



Entry Standards for 2014 British Athletics Counties Athletic Union

Athletes must have achieved the standard in the outdoor season 2014 or 2015