

Normgränser Män & Pojkar Utomhus

| Gren | Män | M22 | P19 | P17 | P16 | P15 |
|--------------|----------|----------|----------|---------|----------|---------|
| 80m | | | | | | 9.85 |
| 100m | 10.90 | 11.20 | 11.40 | 11.55 | 11.70 | |
| 200m | 22.10 | 22.60 | 22.85 | 23.40 | 23.80 | |
| 300m | | | | | | 39.00 |
| 400m | 49.50 | 50.75 | 51.50 | 53.00 | 54.00 | |
| 800m | 1,53.50 | 1,58.00 | 1,59.00 | 2,04.00 | 2,06.00 | 2,10.00 |
| 1500m | 3,55.00 | 4,08.00 | 4,15.00 | 4,25.00 | 4,30.00 | |
| 2000/3000m | | | | 9,50.00 | 10,05.00 | 6,35.00 |
| 5000m | 14,45.00 | 15,40.00 | 16,40.00 | | | |
| 10000m | 31,45.00 | | | | | |
| Halvmarathon | 1,12.00 | | | | | |
| Marathon | 2,40.00 | | | | | |
| 100/110m H | 15.10 | 16.00 | 16.00 | 16.00 | 16.50 | 15.00 |
| 300/400m H | 55.00 | 57.50 | 58.50 | 42.50 | 43.00 | 43.50 |
| 1500/2000m H | | 6,35.00 | 7,00.00 | 7,10.00 | 7,15.00 | 5,20.00 |
| 3000m H | 9,30.00 | | | | | |
| Höjd | 2.03 | 1.93 | 1.85 | 1.80 | 1.75 | 1.70 |
| Stav | 4.70 | 4.20 | 3.75 | 3.55 | 3.35 | 3.25 |
| Längd | 7.05 | 6.70 | 6.50 | 6.10 | 5.95 | 5.65 |
| Tresteg | 14.40 | 13.00 | 12.70 | 12.40 | 12.25 | 11.80 |
| Kula | 15.50 | 13.00 | 13.00 | 13.00 | 12.50 | 12.50 |
| Diskus | 50.00 | 42.00 | 42.00 | 39.00 | 37.00 | 37.00 |
| Slägga | 57.00 | 48.00 | 46.00 | 42.00 | 40.00 | 38.00 |
| Spjut | 64.00 | 55.00 | 52.00 | 50.00 | 47.00 | 45.00 |
| Mångkamp | 6000 | 5600 | 5500 | 5400 | 5200 | 4000 |

Normgränser Kvinnor & Flickor Utomhus

| Gren | Kvinnor | K22 | F19 | F17 | F16 | F15 |
|--------------|----------|----------|----------|----------|----------|---------|
| 80m | | | | | | 10.90 |
| 100m | 12.20 | 12.55 | 12.70 | 12.80 | 12.90 | |
| 200m | 25.00 | 25.60 | 25.80 | 26.20 | 26.50 | |
| 300m | | | | | | 43.50 |
| 400m | 57.50 | 59.80 | 60.50 | 61.50 | 62.00 | |
| 800m | 2,14.00 | 2,20.00 | 2,22.00 | 2,27.00 | 2,29.00 | 2,30.00 |
| 1500m | 4,40.00 | 4,53.00 | 5,05.00 | 5,10.00 | 5,15.00 | |
| 2000/3000m | | | 11,05.00 | 11,25.00 | 11,30.00 | 7,20.00 |
| 5000m | 17,45.00 | 18,45.00 | | | | |
| 10000m | 37,30.00 | | | | | |
| Halvmarathon | 1,25.30 | | | | | |
| Marathon | 3,08.00 | | | | | |
| 80/100m H | 14.60 | 15.50 | 15.80 | 15.65 | 15.80 | 12.70 |
| 300/400m H | 64.00 | 67.50 | 68.00 | 48.00 | 48.00 | 48.00 |
| 1500/2000m H | | 7,15.00 | 7,35.00 | 5,55.00 | 6,00.00 | 6,05.00 |
| 3000m H | 11,20.00 | | | | | |
| Höjd | 1.72 | 1.63 | 1.61 | 1.59 | 1.57 | 1.55 |
| Stav | 3.60 | 3.20 | 3.00 | 2.80 | 2.60 | 2.60 |
| Längd | 5.75 | 5.35 | 5.30 | 5.25 | 5.20 | 5.10 |
| Tresteg | 11.80 | 11.00 | 10.80 | 10.60 | 10.50 | 10.50 |
| Kula | 13.00 | 11.50 | 11.00 | 12.00 | 11.75 | 11.25 |
| Diskus | 44.00 | 38.00 | 36.00 | 32.00 | 31.00 | 34.00 |
| Slägga | 55.00 | 48.00 | 45.00 | 42.00 | 40.00 | 38.00 |
| Spjut | 43.00 | 37.00 | 36.00 | 35.00 | 34.00 | 33.00 |
| Mångkamp | 4500 | 4200 | 4000 | 4200 | 4000 | 3000 |

Normgränser Män & Pojkar Inomhus

| Gren | Män | M22 | P19 | P17 | P16 | P15 |
|----------|---------|---------|---------|---------|---------|---------|
| 60m | 7.05 | 7.15 | 7.25 | 7.40 | 7.50 | 7.70 |
| 200m | 22.60 | | | | | 24.50 |
| 400m | 50.25 | 51.25 | 52.50 | 53.50 | 54.50 | |
| 800m | 1.56.00 | | | | | |
| 1000m | | | | | | 3.00.00 |
| 1500m | 4.02.50 | 4.12.00 | 4.18.00 | 4.28.00 | 4.33.00 | |
| 3000m | 8.40.00 | | | | | |
| 60mh | 8.60 | 8.75 | 8.80 | 8.90 | 9.00 | 9.20 |
| Höjd | 2.02 | 1.93 | 1.85 | 1.80 | 1.75 | 1.70 |
| Stav | 4.60 | 4.20 | 3.75 | 3.55 | 3.35 | 3.20 |
| Längd | 6.90 | 6.50 | 6.30 | 6.05 | 5.90 | 5.60 |
| Tresteg | 14.00 | 13.00 | 12.60 | 12.20 | 12.00 | 11.60 |
| Kula | 15.00 | 13.50 | 13.00 | 13.00 | 12.50 | 12.50 |
| Vikt | 16.00 | 14.00 | 12.00 | 13.00 | 12.00 | 12.00 |
| Mångkamp | 4400 | 4200 | 4000 | 4000 | 3600 | 3400 |

Normgränser Kvinnor & Flickor Inomhus

| Gren | Kvinnor | K22 | F19 | F17 | F16 | F15 |
|----------|----------|---------|---------|---------|---------|---------|
| 60m | 7.75 | 7.90 | 8.00 | 8.05 | 8.10 | 8.20 |
| 200m | 25.50 | | | | | 27.35 |
| 400m | 58.00 | 60.00 | 60.80 | 61.50 | 62.00 | |
| 800m | 2.16.00 | | | | | |
| 1000m | | | | | | 3.20.00 |
| 1500m | 4.47.50 | 5.00.00 | 5.10.00 | 5.15.00 | 5.20.00 | |
| 3000m | 10.15.00 | | | | | |
| 60mh | 8.95 | 9.15 | 9.25 | 9.35 | 9.40 | 9.45 |
| Höjd | 1.70 | 1.62 | 1.60 | 1.57 | 1.56 | 1.55 |
| Stav | 3.60 | 3.20 | 3.00 | 2.75 | 2.65 | 2.50 |
| Längd | 5.65 | 5.35 | 5.30 | 5.25 | 5.20 | 5.10 |
| Tresteg | 11.75 | 11.00 | 10.80 | 10.60 | 10.50 | 10.40 |
| Kula | 13.00 | 11.50 | 11.00 | 12.00 | 11.75 | 11.25 |
| Vikt | 15.00 | 14.00 | 13.00 | 12.00 | 11.50 | 11.00 |
| Mångkamp | 3400 | 3200 | 3100 | 3100 | 3000 | 2900 |