

NISA Test Times for Medal Certification 2018-2019

	Inter Bronze <small>British Standard</small>	Bronze	Inter Silver	Silver	Inter Gold	Gold	British Record
Men							
500m	56.81	50.73	46.67	44.64	42.61	41.39	40.581
1000m	1.56.87	1.44.35	1.36.00	1.31.82	1.27.65	1.25.15	1.23.476
1500m	3.06.59	2.46.60	2.33.27	2.26.61	2.19.94	2.15.94	2.13.278
Ladies							
500m	59.27	52.92	48.69	46.57	44.45	43.18	42.335
1000m	2.04.21	1.50.90	1.42.03	1.37.60	1.33.16	1.30.50	1.28.723
1500m	3.14.17	2.53.37	2.39.50	2.32.57	2.25.63	2.21.47	2.18.696
Junior Men							
500m	58.74	52.45	48.25	46.15	44.06	43.80	41.958
1000m	2.00.47	1.47.56	1.38.96	1.34.65	1.30.35	1.27.77	1.26.049
1500m	3.10.19	2.49.82	2.36.23	2.29.44	2.22.64	2.18.57	2.16.216
Junior Ladies							
500m	1.03.51	56.70	52.17	49.90	47.63	46.27	45.361
1000m	2.11.62	1.57.52	1.48.11	1.43.41	1.38.71	1.35.89	1.34.013
1500m	3.23.95	3.02.10	2.47.53	2.40.25	2.32.96	2.28.59	2.25.68
Jun C Men (Juvenile)							
500m	1.02.73	56.01	51.53	49.29	47.05	45.71	44.808
777m	1.41.59	1.30.70	1.23.45	1.19.82	1.16.19	1.14.01	1.12.563
1000m	2.08.61	1.54.83	1.45.64	1.41.05	1.36.46	1.33.70	1.31.865
Jun C Ladies (Juvenile)							
500m	1.07.06	59.88	55.09	52.69	50.30	48.86	47.90
777m	1.49.81	1.38.05	1.30.20	1.26.28	1.22.36	1.20.00	1.18.436
1000m	2.18.06	2.03.26	1.53.40	1.48.47	1.43.54	1.40.58	1.38.611
Jun D Men (Pee Wee 1)							
333m	46.26	41.30	38.00	36.34	34.69	33.70	33.04
500m	1.05.90	58.84	54.13	51.77	49.42	48.01	47.068
777m	1.46.53	1.35.12	1.27.51	1.23.70	1.19.90	1.17.62	1.16.094
Jun D Ladies (Pee Wee 1)							
333m	47.65	42.54	39.14	37.44	35.73	34.71	34.033
500m	1.10.04	1.02.53	57.53	55.03	52.53	51.03	50.027
777m	1.52.42	1.40.37	1.32.34	1.28.33	1.24.31	1.21.90	1.20.298
Jun E Combined (Pee Wee 2)							
222m	34.77	30.60	28.16	26.93	25.71	24.97	24.483
333m	49.71	43.76	40.26	38.51	36.76	35.71	35.005
500m	1.13.11	1.04.36	59.21	56.64	54.06	52.52	51.488
Masters							
500m	1.05.81	58.76	54.06	51.71	49.36	47.95	47.01
777m	1.45.00	1.33.75	1.26.25	1.22.50	1.18.75	1.16.50	1.14.997
1000m	2.19.41	2.04.48	1.54.52	1.49.54	1.44.56	1.41.57	1.39.582
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