

4J Studios scottishathletics Senior Track & Field Championships Prize Pot Information

- Notes:**
- * Total Prize fund of £5000 awarded to, or shared by athletes who achieve or exceed the prize pot standard at the 4J Studios scottishathletics National Track & Field Championships.
 - * 2022 Prize Pot increased to celebrate the 2022 Commonwealth Games in Birmingham.
 - * Track standards must be achieved in the final.
 - * 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.
 - * Wind assisted performances will not be eligible.
 - * Gold standard performance unlocks a share of all pots, silver standard performance a share of silver & bronze and bronze standard a share of bronze only.

Bronze (£2000)	Silver (£2000)	Gold (£1000)	£5,000	Gold (£1000)	Silver (£2000)	Bronze (£2000)
MEN			EVENT	WOMEN		
10.55	10.35	10.15	100m	11.30	11.50	11.70
21.15	20.75	20.35	200m	23.00	23.45	23.90
47.20	46.30*	45.40	400m	51.65	52.70	53.75
1:49.00	1:47.00	1:45.00	800m	2:00.50	2:03.00	2:05.00
3:45.00	3:41.00	3:36.50	1500m	4:08.00	4:13.00	4:18.00
14:10.00	13:55.00	13:38.00	5000m	15:45.00	16:05.00*	16:25.00
8:55.00	8:45.00	8:35.00	3000m SC	9:48.00	10:00.00*	10:12.00
14.05	13.80	13.55	110mH /100mH	13.05	13.30	13.55
51.50	50.50*	49.50	400mH	56.35	57.50	58.65
7.65	7.80	7.95	Long Jump	6.63	6.50	6.37
2.17	2.22	2.26	High Jump	1.90	1.87	1.83
15.80	16.15	16.45	Triple Jump	13.70	13.45*	13.18
5.35	5.45*	5.55	Pole Vault	4.40	4.30*	4.20
18.40	18.80	19.20	(7.26Kg) Shot (4kg)	16.60	16.30*	15.95
57.80	59.00	60.00	(2kg) Discus (1kg)	55.10	54.00	52.90
69.50	71.00	72.50	(7.26kg) Hammer (4kg)	67.30	66.00*	64.70
74.50	76.00	77.50	(800g) Javelin (700g)	57.10	56.00*	54.50

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

- Notes:**
- * Total Prize fund of £5000 awarded to, or shared by athletes who achieve or exceed the prize pot standard at the 4J Studios scottishathletics National Track & Field Championships.
 - * 2022 Prize Pot increased to celebrate the 2022 Commonwealth Games in Birmingham.
 - * Should a Para athlete not qualify for a final their non qualifying performance will count towards the standard.
 - * Winning athlete must be eligible to represent Scotland as per current Commonwealth Games selection criteria.
 - * To be eligible athletes must appear on WPA masterlist as a confirmed classification (C) or with a fixed review date.
 - * 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.
 - * Wind assisted performances will not be eligible.
 - * Gold standard performance unlocks a share of all pots, silver standard performance a share of silver & bronze and bronze standard a share of bronze only.

The below list is not exhaustive and will be updated based on actual entries.

Bronze (£2000)	Silver (£2000)	Gold (£1000)	£5,000	Gold (£1000)	Silver (£2000)	Bronze (£2000)
MEN			EVENT	WOMEN		
19.47	18.91	18.54	100m RR2	18.11	18.47	19.02
17.06	16.58	16.25	100m RR3	18.79	19.17	19.73
11.28	10.95	10.74	100m T38	12.38	12.63	13.00
14.31	13.90	13.63	100m T54	15.35	15.66	16.12
23.01	22.35	21.91	200m T37	26.58	27.11	27.91
22.91	22.26	21.82	200m T38	25.92	26.44	27.22
81.23	78.91	77.36	400m RR2	81.31	82.94	85.38
77.76	75.54	74.06	400m RR3	77.99	79.55	81.89
49.20	47.80	46.86	400m T20	55.18	56.28	57.94
51.80	50.32	49.33	400m T38	60.00	61.20	63.00
45.63	44.33	43.46	400m T54	51.90	52.94	54.50
1:54.48	1:51.21	1:49.03	800m T20	2:15.79	2:18.51	2:22.58
1:34.02	1:31.33	1:29.54	800m T54	1:41.47	1:43.50	1:46.54
3:56.77	3:50.01	3:45.50	1500m T20	4:23.37	4:28.64	4:36.54
43.12	44.48	45.39	Club F32	28.74	28.17	27.30
43.50	44.87	45.79	Discus F20	43.63	42.76	41.45
21.93	22.62	23.08	Discus F32	13.97	13.69	13.27
29.58	30.52	31.14	Discus F33	20.70	20.29	19.67
46.12	47.58	48.55	Discus F57	35.76	35.04	33.97
25.61	26.42	26.96	Javelin F33	16.99	16.65	16.14
48.85	50.39	51.42	Javelin F57	25.95	25.43	24.65
45.07	46.49	47.44	Hammer F20	50.51	49.50	47.98
7.26	7.49	7.64	Long Jump T20	6.21	6.09	5.90
16.47	16.99	17.34	Shot F20	14.39	14.10	13.67
14.50	14.95	15.26	Shot F57	11.56	11.33	10.98