

BIS Test Times for Medal Certification 2019-2020

Inter Bronze	Bronze	Inter Silver	Silver	Inter Gold	Gold
British Standard					

Men

500m		56.81	50.73	46.67	44.64	42.61	41.39
1000m		1.56.87	1.44.35	1.36.00	1.31.82	1.27.65	1.25.15
1500m		3.06.59	2.46.60	2.33.27	2.26.61	2.19.94	2.15.94

Ladies

500m		59.27	52.92	48.69	46.57	44.45	43.18
1000m		2.04.21	1.50.90	1.42.03	1.37.60	1.33.16	1.30.50
1500m		3.14.17	2.53.37	2.39.50	2.32.57	2.25.63	2.21.47

Junior Men

500m		58.58	52.31	48.12	46.03	43.94	42.68
1000m		2.00.47	1.47.56	1.38.96	1.34.65	1.30.35	1.27.77
1500m		3.10.19	2.49.82	2.36.23	2.29.44	2.22.64	2.18.57

Junior Ladies

500m		1.03.51	56.70	52.17	49.90	47.63	46.27
1000m		2.11.62	1.57.52	1.48.11	1.43.41	1.38.71	1.35.89
1500m		3.23.95	3.02.10	2.47.53	2.40.25	2.32.96	2.28.59

Jun C Men (Juvenile)

500m		1.02.73	56.01	51.53	49.29	47.05	45.71
777m		1.41.59	1.30.70	1.23.45	1.19.82	1.16.19	1.14.01
1000m		2.08.61	1.54.83	1.45.64	1.41.05	1.36.46	1.33.70

Jun C Ladies (Juvenile)

500m		1.07.06	59.88	55.09	52.69	50.30	48.86
777m		1.49.81	1.38.05	1.30.20	1.26.28	1.22.36	1.20.00
1000m		2.18.06	2.03.26	1.53.40	1.48.47	1.43.54	1.40.58

Jun D Men (Pee Wee 1)

333m		46.26	41.30	38.00	36.34	34.69	33.70
500m		1.05.90	58.84	54.13	51.77	49.42	48.01
777m		1.46.53	1.35.12	1.27.51	1.23.70	1.19.90	1.17.62

Jun D Ladies (Pee Wee 1)

333m		47.65	42.54	39.14	37.44	35.73	34.71
500m		1.10.04	1.02.53	57.53	55.03	52.53	51.03
777m		1.52.42	1.40.37	1.32.34	1.28.33	1.24.31	1.21.90

Jun E Combined (Pee Wee 2)

222m		34.77	30.60	28.16	26.93	25.71	24.97
333m		49.71	43.76	40.26	38.51	36.76	35.71
500m		1.13.11	1.04.36	59.21	56.64	54.06	52.52

Masters

500m		1.05.81	58.76	54.06	51.71	49.36	47.95
777m		1.45.00	1.33.75	1.26.25	1.22.50	1.18.75	1.16.50
1000m		2.19.41	2.04.48	1.54.52	1.49.54	1.44.56	1.41.57

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