

**BOYS QUALIFICATION STANDARDS**

	<b>7-8</b>	<b>9-10</b>	<b>11-12</b>	<b>13-14</b>	<b>15-16</b>	<b>17-18</b>
<b>80m Hurdles</b>			15.45			
<b>100m Hurdles</b>				17.45		
<b>110m Hurdles</b>					17.02	15.2
<b>200m Hurdles</b>				29.74		
<b>400m Hurdles</b>					01:04.9	58.1
<b>100m Dash</b>	15.98	14.3	13.1	11.9	11.4	11.1
<b>200m Dash</b>	33.54	29.91	27.3	24.3	22.75	22.3
<b>400m Dash</b>	01:19.0	01:09.1	01:02.4	55.0	52.0	50.04
<b>800m Run</b>	03:08.0	02:43.7	02:28.3	02:12.4	02:06.2	02:01.5
<b>1500m Run</b>	06:27.1	05:28.8	05:03.4	04:30.1	04:20.5	4:12.5
<b>3000m Run</b>			10:59.9	09:57.1	09:50.0	09:45.1
<b>1500m RW</b>		12:30.5	11:10.2			
<b>3000m RW</b>				21:55.1	20:14.4	18.32.1
<b>2000m SC</b>					08:03.1	07:17.6
<b>Long Jump</b>	2.79		4.4	5.01	5.6	4.1
<b>Triple Jump</b>				9.71	11.06	12.43
<b>High Jump</b>		1.05		1.55	1.7	1.8
<b>Pole Vault</b>				2.65	3.55	4.1
<b>Shot Put</b>	3.46	5.87 (6 lb)	8.65 (6 lb)	10.52	12.9	14.28 (12 lb)

<b>Discus Throw</b>			18.4 (1 kg)	32.08	36.24	43.32
<b>Hammer Throw</b>					31.5	
<b>Mini Javelin</b>	11.04	19.85				
<b>Aero Javelin</b>			27.77			
<b>Javelin</b>				34.71 (800 g)	34.71	41.55 (800 g)
<b>4x1 Relay</b>	01:08.0	01:01.8	54.5	50.05	45.82	44.48
<b>4x4 Relay</b>	05:35.6	05:03.2	04:28.2	04:03.7	03:44.9	03:33.3
<b>4x8 Relay</b>				09:56.3	08:53.7	08:27.3

## GIRLS QUALIFICATION STANDARDS

	7-8	9-10	11-12	13-14	15-16	17-18
<b>80m Hurdles</b>			15.84			
<b>100m Hurdles</b>				16.50	16.20	15.66
<b>200m Hurdles</b>				32.00		
<b>300/400m Hurdles</b>					51.82/1:12.09	30.2/1:08.2
<b>100m Dash</b>	16.35	14.65	13.50	12.90	12.44	12.20
<b>200m Dash</b>	35.61	30.45	27.85	26.47	25.70	25.20
<b>400m Dash</b>	1:24.0	01:10.4	01:05.3	1:01.7	59.46	58.74
<b>800m Run</b>	03:18.4	2:47.7	2:39.6	02:29.3	02:25.0	02:22.6
<b>1500m Run</b>	06:50.9	05:51.0	05:15.7	05:10.3	05:08.7	05:04.7
<b>3000m Run</b>			12:07.6	12:00.0	11:42.0	11:22.0
<b>2000m SC</b>					9:23.4	9:25.5
<b>1500m RW</b>		11:22.7	11:01.0			
<b>3000m RW</b>				23:10.5	20:14.4	18:32.1
<b>Long Jump</b>	2.48	3.45	4.2	4.65	4.94	5.2
<b>Triple Jump</b>				9.24	10.03	10.43
<b>High Jump</b>		1.1	1.3	1.4	1.50	1.55
<b>Pole Vault</b>				2.15	2.5	9.95
<b>Shot Put</b>		5.2 (6 lb)	7.72 (6 lb)	10.32 (6 lb)/8.33 (4 kg)	9.96 (4 kg)	10.97 (4 kg)
<b>Discus Throw</b>			15.41 (1 kg)	26.26 (1 k)	31.5 (1 k)	28.53

<b>Hammer Throw</b>					22.78	28.53
<b>Mini Javelin</b>		12.5	18.18			
<b>Aero Javelin</b>						
<b>Javelin</b>					25.21 (600 g)	27.7 (600 g)
<b>4x100 Relay</b>	1:12.8	01:03.3	56.80	53.00	51.50	49.08
<b>4x400 Relay</b>	06:02.4	05:31.7	04:41.6	04:24.0	04:12.8	04:06.0
<b>4x800 Relay</b>			11:34.2	10:58.5	10:58.6	10:28.3