

2025 QRSS 10-19 Years Track & Field Championships – FINAL
10-12 YEARS MALE MULTI-CLASS QUALIFYING STANDARDS – TRACK

100 M				200M		
	10 YEARS	11 YEARS	12 YEARS	10 YEARS	11 YEARS	12 YEARS
T01	00:25.53	00:22.97	00:20.42	00:52.87	00:47.59	00:42.30
T11	00:27.30	00:24.57	00:21.84	00:56.03	00:50.42	00:44.82
T12	00:26.12	00:23.51	00:20.90	00:53.88	00:48.49	00:43.10
T13	00:26.15	00:23.54	00:20.92	00:52.63	00:47.36	00:42.10
T20	00:26.65	00:23.99	00:21.32	00:53.62	00:48.26	00:42.90
T21	00:32.00	00:28.80	00:25.60	01:08.75	01:01.88	00:55.00
II3	00:26.65	00:23.99	00:21.32	00:53.62	00:48.26	00:42.90
T32	00:55.22	00:49.70	00:44.18	01:57.02	01:45.32	01:33.62
T33	00:41.15	00:37.04	00:32.92	01:12.50	01:05.25	00:58.00
T34	00:36.15	00:32.53	00:28.92	01:04.78	00:58.30	00:51.82
T35	00:29.42	00:26.48	00:23.54	00:57.60	00:51.84	00:46.08
T36	00:29.30	00:26.37	00:23.44	00:58.80	00:52.92	00:47.04
T37	00:27.63	00:24.86	00:22.10	00:56.48	00:50.83	00:45.18
T38	00:26.85	00:24.16	00:21.48	00:54.55	00:49.10	00:43.64
T40	00:37.37	00:33.64	00:29.90	01:21.00	01:12.90	01:04.80
T41	00:33.13	00:29.81	00:26.50	01:08.00	01:01.20	00:54.40
T42	00:31.05	00:27.94	00:24.84	01:02.85	00:56.57	00:50.28
T43	00:29.28	00:26.35	00:23.42	01:00.12	00:54.11	00:48.10
T44	00:27.50	00:24.75	00:22.00	00:57.40	00:51.66	00:45.92
T45	00:27.35	00:24.61	00:21.88	00:54.78	00:49.30	00:43.82
T46	00:26.05	00:23.44	00:20.84	00:52.93	00:47.63	00:42.34
T47	00:26.05	00:23.44	00:20.84	00:52.93	00:47.63	00:42.34
T51	00:48.90	00:44.01	00:39.12	01:31.55	01:22.39	01:13.24
T52	00:41.03	00:36.92	00:32.82	01:14.70	01:07.23	00:59.76
T53	00:35.25	00:31.72	00:28.20	01:02.60	00:56.34	00:50.08
T54	00:34.07	00:30.67	00:27.26	01:00.45	00:54.40	00:48.36
T60	00:27.75	00:24.98	00:22.20	00:56.13	00:50.51	00:44.90
T61	00:30.62	00:27.56	00:24.50	00:57.35	00:51.62	00:45.88
T62	00:26.35	00:23.71	00:21.08	00:51.73	00:46.55	00:41.38
T63	00:29.87	00:26.89	00:23.90	01:04.52	00:58.07	00:51.62
T64	00:26.52	00:23.87	00:21.22	00:53.18	00:47.86	00:42.54
T71	00:57.03	00:51.32	00:45.62			
T72	00:37.30	00:33.57	00:29.84			

2025 QRSS 10-19 Years Track & Field Championships – FINAL
10-12 YEARS MALE MULTI-CLASS QUALIFYING STANDARDS

	800M			Long Jump		
	10 YEARS	11 YEARS	12 YEARS	10 YEARS	11 YEARS	12 YEARS
T01	04:34.25	04:06.83	03:39.40	1.99	2.18	2.38
T11	04:56.17	04:26.56	03:56.94	1.68	1.85	2.02
T12	04:35.05	04:07.55	03:40.04	1.87	2.05	2.24
T13	04:36.75	04:09.07	03:41.40	1.92	2.11	2.30
T20	04:34.77	04:07.30	03:39.82	1.91	2.10	2.29
T21				1.21	1.33	1.45
II3	04:34.77	04:07.30	03:39.82	1.91	2.10	2.29
T32						
T33	04:41.30	04:13.17	03:45.04			
T34	04:04.60	03:40.14	03:15.68			
T35	06:03.88	05:27.49	04:51.10	1.52	1.67	1.82
T36	05:05.98	04:35.38	04:04.78	1.51	1.66	1.82
T37	04:52.92	04:23.63	03:54.34	1.69	1.86	2.03
T38	04:49.38	04:20.44	03:51.50	1.83	2.01	2.19
T40						
T41						
T42	07:10.15	06:27.14	05:44.12	1.42	1.56	1.70
T43	06:08.40	05:31.56	04:54.72	1.60	1.76	1.92
T44	05:06.63	04:35.96	04:05.30	1.77	1.94	2.12
T45	04:58.25	04:28.43	03:58.60	1.60	1.76	1.92
T46	04:39.55	04:11.60	03:43.64	1.90	2.08	2.27
T47				1.90	2.08	2.27
T51	06:17.45	05:39.70	05:01.96			
T52	04:38.93	04:11.03	03:43.14			
T53	03:49.22	03:26.30	03:03.38			
T54	03:44.15	03:21.74	02:59.32			
T60	05:05.57	04:35.02	04:04.46	1.74	1.91	2.09
T61	04:22.47	03:56.23	03:29.98	1.62	1.78	1.94
T62	04:49.63	04:20.66	03:51.70	1.75	1.93	2.10
T63	07:10.15	06:27.14	05:44.12	1.81	1.99	2.17
T64	05:43.05	05:08.74	04:34.44	2.12	2.33	2.54
T71						
T72						

2025 QRSS 10-19 Years Track & Field Championships – FINAL
10-12 YEARS MALE MULTI-CLASS QUALIFYING STANDARDS - FIELD

	Shot Put			Discus		
	10 YEARS	11 YEARS	12 YEARS	10 YEARS	11 YEARS	12 YEARS
F01	4.35	4.79	5.22	15.54	17.09	18.65
F11	3.82	4.20	4.58	11.53	12.68	13.83
F12	4.26	4.68	5.11	13.13	14.44	15.75
F13	4.12	4.53	4.94	13.40	14.74	16.08
F20	4.32	4.75	5.19	11.46	12.61	13.76
F21	3.20	3.52	3.84	9.88	10.86	11.85
II3	4.32	4.75	5.19	11.46	12.61	13.76
F31						
F32	3.01	3.31	3.62	6.96	7.65	8.35
F33	3.09	3.40	3.71	7.79	8.56	9.34
F34	3.04	3.35	3.65	10.82	11.90	12.99
F35	4.33	4.76	5.20	13.53	14.89	16.24
F36	4.08	4.49	4.90	10.85	11.93	13.01
F37	4.38	4.82	5.26	14.94	16.43	17.93
F38	3.99	4.39	4.79	13.23	14.55	15.87
F40	2.75	3.03	3.30	7.05	7.75	8.46
F41	3.58	3.94	4.29	11.09	12.20	13.31
F42	4.38	4.82	5.26	13.54	14.89	16.24
F43	5.11	5.62	6.13	15.93	17.52	19.11
F44	3.93	4.33	4.72	16.07	17.67	19.28
F45	2.86	3.15	3.44	7.05	7.76	8.46
F46	4.20	4.62	5.04	13.16	14.48	15.79
F47						
F51				3.29	3.62	3.95
F52	2.94	3.23	3.52	5.95	6.55	7.14
F53	2.21	2.43	2.65	6.66	7.32	7.99
F54	2.85	3.14	3.42	8.42	9.26	10.10
F55	3.12	3.43	3.74	9.96	10.96	11.95
F56	3.37	3.71	4.05	11.67	12.84	14.00
F57	3.82	4.20	4.58	12.14	13.35	14.57
F60	3.14	3.45	3.76	9.62	10.58	11.54
F61	2.19	2.40	2.62	6.84	7.52	8.21
F62	2.19	2.40	2.62	6.84	7.52	8.21
F63	3.78	4.15	4.53	11.73	12.90	14.07
F64	4.60	5.05	5.51	16.47	18.11	19.76

2025 QRSS 10-19 Years Track & Field Championships – FINAL
10-12 YEARS FEMALE MULTI-CLASS QUALIFYING STANDARDS - TRACK

	100 M			200M		
	10 YEARS	11 YEARS	12 YEARS	10 YEARS	11 YEARS	12 YEARS
T01	00:29.28	00:26.35	00:23.42	01:01.08	00:54.97	00:48.86
T11	00:29.62	00:26.66	00:23.70	01:00.98	00:54.88	00:48.78
T12	00:28.50	00:25.65	00:22.80	00:57.58	00:51.82	00:46.06
T13	00:29.47	00:26.53	00:23.58	01:00.60	00:54.54	00:48.48
T20	00:29.78	00:26.80	00:23.82	01:02.53	00:56.27	00:50.02
T21	00:38.22	00:34.40	00:30.58	01:20.43	01:12.38	01:04.34
II3	00:29.78	00:26.80	00:23.82	01:02.53	00:56.27	00:50.02
T32	01:01.93	00:55.73	00:49.54	01:50.83	01:39.74	01:28.66
T33	00:49.73	00:44.75	00:39.78	01:27.60	01:18.84	01:10.08
T34	00:41.93	00:37.73	00:33.54	01:12.25	01:05.03	00:57.80
T35	00:33.58	00:30.22	00:26.86	01:10.55	01:03.50	00:56.44
T36	00:34.20	00:30.78	00:27.36	01:10.53	01:03.47	00:56.42
T37	00:32.75	00:29.47	00:26.20	01:07.77	01:01.00	00:54.22
T38	00:30.95	00:27.85	00:24.76	01:04.80	00:58.32	00:51.84
T40	00:45.25	00:40.72	00:36.20	01:38.75	01:28.87	01:19.00
T41	00:41.25	00:37.13	00:33.00	01:33.50	01:24.15	01:14.80
T42	00:36.80	00:33.12	00:29.44	01:14.68	01:07.21	00:59.74
T43	00:34.30	00:30.87	00:27.44	01:10.03	01:03.02	00:56.02
T44	00:31.80	00:28.62	00:25.44	01:05.37	00:58.84	00:52.30
T45	00:35.00	00:31.50	00:28.00	01:11.45	01:04.31	00:57.16
T46	00:29.73	00:26.75	00:23.78	01:01.12	00:55.01	00:48.90
T47	00:29.73	00:26.75	00:23.78	01:01.12	00:55.01	00:48.90
T51	01:01.73	00:55.55	00:49.38	01:50.43	01:39.38	01:28.34
T52	00:46.68	00:42.01	00:37.34	01:22.97	01:14.68	01:06.38
T53	00:40.48	00:36.43	00:32.38	01:11.53	01:04.37	00:57.22
T54	00:38.37	00:34.54	00:30.70	01:08.80	01:01.92	00:55.04
T60	00:30.58	00:27.52	00:24.46	01:02.42	00:56.18	00:49.94
T61	00:37.37	00:33.64	00:29.90	01:34.95	01:25.45	01:15.96
T62	00:31.60	00:28.44	00:25.28	01:06.20	00:59.58	00:52.96
T63	00:36.47	00:32.83	00:29.18	01:14.68	01:07.21	00:59.74
T64	00:31.65	00:28.48	00:25.32	01:05.30	00:58.77	00:52.24
T71	00:51.45	00:46.31	00:41.16			
T72	00:42.68	00:38.41	00:34.14			

2025 QRSS 10-19 Years Track & Field Championships – FINAL
10-12 YEARS FEMALE MULTI-CLASS QUALIFYING STANDARDS

	800M			Long Jump		
	10 YEARS	11 YEARS	12 YEARS	10 YEARS	11 YEARS	12 YEARS
T01	05:18.75	04:46.88	04:15.00	1.56	1.72	1.87
T11	05:44.15	05:09.73	04:35.32	1.37	1.50	1.64
T12	05:12.40	04:41.16	04:09.92	1.65	1.82	1.98
T13	05:07.95	04:37.16	04:06.36	1.47	1.62	1.76
T20	05:19.35	04:47.41	04:15.48	1.55	1.71	1.86
T21				0.89	0.98	1.07
II3	05:19.35	04:47.41	04:15.48	1.55	1.71	1.86
T32						
T33	05:57.13	05:21.41	04:45.70			
T34	04:32.18	04:04.96	03:37.74			
T35	08:03.68	07:15.31	06:26.94	0.81	0.89	0.98
T36	06:49.13	06:08.21	05:27.30	1.03	1.13	1.23
T37	06:44.27	06:03.85	05:23.42	1.36	1.50	1.64
T38	06:10.10	05:33.09	04:56.08	1.46	1.60	1.75
T40						
T41						
T42	07:42.50	06:56.25	06:10.00	1.03	1.14	1.24
T43	06:47.50	06:06.75	05:26.00	1.11	1.22	1.34
T44	05:55.70	05:20.13	04:44.56	1.25	1.37	1.49
T45	05:31.05	04:57.95	04:24.84	1.07	1.18	1.29
T46	05:31.05	04:57.95	04:24.84	1.62	1.78	1.94
T47				1.62	1.78	1.94
T51	08:09.10	07:20.19	06:31.28			
T52	05:16.90	04:45.21	04:13.52			
T53	04:23.83	03:57.44	03:31.06			
T54	04:13.68	03:48.31	03:22.94			
T60	06:10.05	05:33.04	04:56.04	1.24	1.36	1.49
T61	06:47.50	06:06.75	05:26.00	1.39	1.53	1.67
T62	07:24.52	06:40.07	05:55.62	1.54	1.69	1.84
T63	07:42.50	06:56.25	06:10.00	1.27	1.39	1.52
T64	05:55.70	05:20.13	04:44.56	1.54	1.69	1.84
T71						
T72						

2025 QRSS 10-19 Years Track & Field Championships – FINAL
10-12 YEARS FEMALE MULTI-CLASS QUALIFYING STANDARDS – FIELD

	Shot Put			Discus		
	10 YEARS	11 YEARS	12 YEARS	10 YEARS	11 YEARS	12 YEARS
F01	3.83	4.22	4.60	14.64	16.10	17.56
F11	4.33	4.76	5.20	10.11	11.12	12.13
F12	3.76	4.14	4.52	11.85	13.04	14.22
F13	3.26	3.59	3.92	11.17	12.28	13.40
F20	3.53	3.88	4.23	10.91	12.00	13.09
F21	1.88	2.06	2.25	4.52	4.97	5.43
II3	3.53	3.88	4.23	10.91	12.00	13.09
F31						
F32	1.76	1.94	2.11	3.49	3.84	4.19
F33	1.95	2.15	2.34	5.66	6.22	6.79
F34	2.21	2.43	2.65	5.73	6.30	6.87
F35	3.48	3.83	4.17	7.98	8.78	9.58
F36	2.95	3.24	3.54	7.00	7.70	8.40
F37	3.88	4.26	4.65	9.57	10.53	11.49
F38	3.15	3.46	3.77	9.46	10.40	11.35
F40	2.34	2.57	2.81	6.33	6.96	7.59
F41	2.61	2.87	3.13	8.88	9.77	10.66
F42	2.91	3.20	3.49	9.14	10.05	10.97
F43	2.71	2.98	3.26	6.73	7.40	8.07
F44	3.29	3.61	3.94	11.13	12.25	13.36
F45	2.19	2.40	2.62	5.02	5.52	6.03
F46	3.33	3.66	4.00	10.53	11.58	12.64
F47						
F51				3.72	4.09	4.46
F52	2.19	2.41	2.63	4.35	4.79	5.22
F53	1.47	1.62	1.76	4.07	4.47	4.88
F54	2.05	2.25	2.46	4.99	5.49	5.99
F55	2.27	2.49	2.72	6.95	7.65	8.34
F56	2.49	2.74	2.99	6.57	7.23	7.88
F57	2.79	3.07	3.35	8.94	9.83	10.73
F60	2.77	3.05	3.33	7.96	8.76	9.56
F61	2.52	2.77	3.02	8.30	9.13	9.96
F62	2.65	2.92	3.18	8.85	9.74	10.62
F63	2.52	2.77	3.02	8.30	9.13	9.96
F64	2.79	3.07	3.35	9.40	10.34	11.28