

2025 QRSS 10-19 Years Track & Field Championships – FINAL

This document is to be used by regions to select their regional team in conjunction with the qualifying procedures outlined in the QRSS 10-19 years Track and Field Competition Procedures.

10-12 YEARS MALE QUALIFYING STANDARDS

Athletes must compete in the age group according to their year of birth.

Event	10 Years	11 Years	12 Years
100m	13.95 (14.19)	13.63 (13.87)	12.92 (13.16)
200m	29.58 (29.82)	28.57 (28.81)	27.00 (27.24)
800m	2:35.0	2:30.0	2:23.0
1500m	5:15.0	4:59.0	4:51.0
Long Jump	3.96m	4.22m	4:71m
High Jump	1.25m	1.36m	1.44
Shot Put	8.95m 2kg	10.83m 2kg	10.37m 3kg
Discus	28.25m 500g	28.44m 750g	32.61 750g

10-12 YEARS FEMALE QUALIFYING STANDARDS

Athletes must compete in the age group according to their year of birth.

Event	10 Years	11 Years	12 Years
100m	14.45 (14.69)	13.75 (13.99)	13.33 (13.57)
200m	30.78 (31.02)	28.97 (29.21)	28.12 (28.36)
800m	2:43.0	2:39.0	2:31.0
1500m	5:37.0	5:25.0	5:10.0
Long Jump	3.81m	4.15m	4.42m
High Jump	1.22m	1.32m	1.39m
Shot Put	7.94m 2kg	9.33m 2kg	8.83m 3kg
Discus	23.37m 500g	24.19m 750g	27.14m 750g

Notes:

For all sprint events, the time in brackets is the electronic time obtained from a fully automatic timing device. The other time is a hand-held time. Refer to TR19 of the World Athletics Handbook.

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JUMP EVENTS STARTING HEIGHTS – MALE

	10 Years	11 Years	12 Years	13 Years	14 Years	15 Years	16 Years	17 Years	19 Years
High Jump	1.10 m	1.23 m	1.28 m	1.48 m	1.58 m	1.64 m	1.70 m	1.72 m	1.72 m
Pole Vault				2.00 m	2.00 m	2.00 m	2.00 m	2.00 m	2.00 m

JUMP EVENTS STARTING HEIGHTS – FEMALE

	10 Years	11 Years	12 Years	13 Years	14 Years	15 Years	16 Years	17 Years	19 Years
High Jump	1.08 m	1.18 m	1.28 m	1.37 m	1.40 m	1.40 m	1.40 m	1.40 m	1.40 m
Pole Vault				2.00 m	2.00 m	2.00 m	2.00 m	2.00 m	2.00 m