

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

13-19 YEARS MALE MULTI-CLASS QUALIFYING STANDARDS - TRACK

	100M						200M					
	13 years	14 years	15 years	16 years	17 years	18-19 years	13 years	14 years	15 years	16 years	17 years	18-19 years
T01	00:19.40	00:18.38	00:17.36	00:16.34	00:15.32	00:14.29	00:40.18	00:38.07	00:35.95	00:33.84	00:31.72	00:29.61
T11	00:20.75	00:19.66	00:18.56	00:17.47	00:16.38	00:15.29	00:42.58	00:40.34	00:38.10	00:35.86	00:33.61	00:31.37
T12	00:19.85	00:18.81	00:17.77	00:16.72	00:15.67	00:14.63	00:40.95	00:38.79	00:36.63	00:34.48	00:32.33	00:30.17
T13	00:19.87	00:18.83	00:17.78	00:16.74	00:15.69	00:14.64	00:40.00	00:37.89	00:35.78	00:33.68	00:31.57	00:29.47
T20	00:20.25	00:19.19	00:18.12	00:17.06	00:15.99	00:14.92	00:40.75	00:38.61	00:36.46	00:34.32	00:32.18	00:30.03
T21	00:24.32	00:23.04	00:21.76	00:20.48	00:19.20	00:17.92	00:52.25	00:49.50	00:46.75	00:44.00	00:41.25	00:38.50
II3	00:20.25	00:19.19	00:18.12	00:17.06	00:15.99	00:14.92	00:40.75	00:38.61	00:36.46	00:34.32	00:32.18	00:30.03
T32	00:41.97	00:39.76	00:37.55	00:35.34	00:33.13	00:30.93	01:28.94	01:24.26	01:19.58	01:14.90	01:10.21	01:05.53
T33	00:31.27	00:29.63	00:27.98	00:26.34	00:24.69	00:23.04	00:55.10	00:52.20	00:49.30	00:46.40	00:43.50	00:40.60
T34	00:27.47	00:26.03	00:24.58	00:23.14	00:21.69	00:20.24	00:49.23	00:46.64	00:44.05	00:41.46	00:38.86	00:36.27
T35	00:22.36	00:21.19	00:20.01	00:18.83	00:17.66	00:16.48	00:43.78	00:41.47	00:39.17	00:36.86	00:34.56	00:32.26
T36	00:22.27	00:21.10	00:19.92	00:18.75	00:17.58	00:16.41	00:44.69	00:42.34	00:39.98	00:37.63	00:35.28	00:32.93
T37	00:21.00	00:19.89	00:18.79	00:17.68	00:16.58	00:15.47	00:42.92	00:40.66	00:38.40	00:36.14	00:33.89	00:31.63
T38	00:20.41	00:19.33	00:18.26	00:17.18	00:16.11	00:15.04	00:41.46	00:39.28	00:37.09	00:34.91	00:32.73	00:30.55
T40	00:28.40	00:26.91	00:25.41	00:23.92	00:22.42	00:20.93	01:01.56	00:58.32	00:55.08	00:51.84	00:48.60	00:45.36
T41	00:25.18	00:23.85	00:22.52	00:21.20	00:19.87	00:18.55	00:51.68	00:48.96	00:46.24	00:43.52	00:40.80	00:38.08
T42	00:23.60	00:22.36	00:21.11	00:19.87	00:18.63	00:17.39	00:47.77	00:45.25	00:42.74	00:40.22	00:37.71	00:35.20
T43	00:22.25	00:21.08	00:19.91	00:18.74	00:17.57	00:16.39	00:45.70	00:43.29	00:40.88	00:38.48	00:36.08	00:33.67
T44	00:20.90	00:19.80	00:18.70	00:17.60	00:16.50	00:15.40	00:43.62	00:41.33	00:39.03	00:36.74	00:34.44	00:32.14
T45	00:20.79	00:19.69	00:18.60	00:17.50	00:16.41	00:15.32	00:41.63	00:39.44	00:37.25	00:35.06	00:32.87	00:30.67
T46	00:19.80	00:18.76	00:17.71	00:16.67	00:15.63	00:14.59	00:40.22	00:38.11	00:35.99	00:33.87	00:31.76	00:29.64
T47	00:19.80	00:18.76	00:17.71	00:16.67	00:15.63	00:14.59	00:40.22	00:38.11	00:35.99	00:33.87	00:31.76	00:29.64
T51	00:37.16	00:35.21	00:33.25	00:31.30	00:29.34	00:27.38	01:09.58	01:05.92	01:02.25	00:58.59	00:54.93	00:51.27
T52	00:31.18	00:29.54	00:27.90	00:26.26	00:24.62	00:22.97	00:56.77	00:53.78	00:50.80	00:47.81	00:44.82	00:41.83
T53	00:26.79	00:25.38	00:23.97	00:22.56	00:21.15	00:19.74	00:47.58	00:45.07	00:42.57	00:40.06	00:37.56	00:35.06
T54	00:25.90	00:24.53	00:23.17	00:21.81	00:20.44	00:19.08	00:45.94	00:43.52	00:41.11	00:38.69	00:36.27	00:33.85
T60	00:21.09	00:19.98	00:18.87	00:17.76	00:16.65	00:15.54	00:42.66	00:40.41	00:38.17	00:35.92	00:33.67	00:31.43
T61	00:23.27	00:22.05	00:20.82	00:19.60	00:18.37	00:17.15	00:43.59	00:41.29	00:39.00	00:36.70	00:34.41	00:32.12
T62	00:20.03	00:18.97	00:17.92	00:16.86	00:15.81	00:14.76	00:39.31	00:37.24	00:35.17	00:33.10	00:31.04	00:28.97
T63	00:22.70	00:21.51	00:20.32	00:19.12	00:17.93	00:16.73	00:49.04	00:46.46	00:43.88	00:41.30	00:38.71	00:36.13
T64	00:20.16	00:19.10	00:18.04	00:16.98	00:15.91	00:14.85	00:40.41	00:38.29	00:36.16	00:34.03	00:31.90	00:29.78
T71	00:43.34	00:41.06	00:38.78	00:36.50	00:34.21	00:31.93						
T72	00:28.35	00:26.86	00:25.36	00:23.87	00:22.38	00:20.89						

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

13-19 YEARS MALE MULTI-CLASS QUALIFYING STANDARDS - TRACK

	400M						800M					
	13 years	14 years	15 years	16 years	17 years	18-19 years	13 years	14 years	15 years	16 years	17 years	18-19 years
T01	01:26.05	01:21.52	01:16.99	01:12.46	01:07.94	01:03.41	03:28.43	03:17.46	03:06.49	02:55.52	02:44.55	02:33.58
T11	01:34.66	01:29.68	01:24.69	01:19.71	01:14.73	01:09.75	03:45.09	03:33.25	03:21.40	03:09.55	02:57.71	02:45.86
T12	01:30.80	01:26.02	01:21.24	01:16.46	01:11.69	01:06.91	03:29.04	03:18.04	03:07.03	02:56.03	02:45.03	02:34.03
T13	01:29.15	01:24.46	01:19.76	01:15.07	01:10.38	01:05.69	03:30.33	03:19.26	03:08.19	02:57.12	02:46.05	02:34.98
T20	01:29.03	01:24.35	01:19.66	01:14.98	01:10.29	01:05.60	03:28.83	03:17.84	03:06.85	02:55.86	02:44.86	02:33.87
T21	02:02.55	01:56.10	01:49.65	01:43.20	01:36.75	01:30.30						
II3	01:29.03	01:24.35	01:19.66	01:14.98	01:10.29	01:05.60	03:28.83	03:17.84	03:06.85	02:55.86	02:44.86	02:33.87
T32	02:43.93	02:35.30	02:26.68	02:18.05	02:09.42	02:00.79						
T33	01:50.11	01:44.31	01:38.52	01:32.72	01:26.93	01:21.13	03:33.79	03:22.54	03:11.28	03:00.03	02:48.78	02:37.53
T34	01:33.25	01:28.34	01:23.44	01:18.53	01:13.62	01:08.71	03:05.90	02:56.11	02:46.33	02:36.54	02:26.76	02:16.98
T35	01:47.56	01:41.90	01:36.24	01:30.58	01:24.92	01:19.25	04:36.55	04:21.99	04:07.44	03:52.88	03:38.33	03:23.77
T36	01:38.25	01:33.08	01:27.91	01:22.74	01:17.57	01:12.39	03:52.54	03:40.30	03:28.06	03:15.82	03:03.58	02:51.35
T37	01:35.85	01:30.81	01:25.77	01:20.72	01:15.68	01:10.63	03:42.62	03:30.91	03:19.19	03:07.47	02:55.75	02:44.04
T38	01:33.73	01:28.79	01:23.86	01:18.93	01:14.00	01:09.06	03:39.92	03:28.35	03:16.77	03:05.20	02:53.62	02:42.05
T40	02:10.62	02:03.75	01:56.87	01:50.00	01:43.12	01:36.25						
T41	01:45.45	01:39.90	01:34.35	01:28.80	01:23.25	01:17.70						
T42	01:57.51	01:51.33	01:45.14	01:38.96	01:32.77	01:26.59	05:26.91	05:09.71	04:52.50	04:35.30	04:18.09	04:00.88
T43	01:49.12	01:43.37	01:37.63	01:31.89	01:26.14	01:20.40	04:39.98	04:25.25	04:10.51	03:55.78	03:41.04	03:26.30
T44	01:40.70	01:35.40	01:30.10	01:24.80	01:19.50	01:14.20	03:53.03	03:40.77	03:28.50	03:16.24	03:03.98	02:51.71
T45	01:33.50	01:28.58	01:23.66	01:18.74	01:13.82	01:08.89	03:46.67	03:34.74	03:22.81	03:10.88	02:58.95	02:47.02
T46	01:30.61	01:25.84	01:21.07	01:16.30	01:11.53	01:06.77	03:32.46	03:21.28	03:10.09	02:58.91	02:47.73	02:36.55
T47	01:30.61	01:25.84	01:21.07	01:16.30	01:11.53	01:06.77						
T51	02:22.94	02:15.41	02:07.89	02:00.37	01:52.85	01:45.32	04:46.86	04:31.76	04:16.67	04:01.57	03:46.47	03:31.37
T52	01:44.75	01:39.23	01:33.72	01:28.21	01:22.70	01:17.18	03:31.98	03:20.83	03:09.67	02:58.51	02:47.35	02:36.20
T53	01:28.96	01:24.28	01:19.59	01:14.91	01:10.23	01:05.55	02:54.21	02:45.04	02:35.87	02:26.70	02:17.53	02:08.37
T54	01:22.57	01:18.23	01:13.88	01:09.54	01:05.19	01:00.84	02:50.35	02:41.39	02:32.42	02:23.46	02:14.49	02:05.52
T60	01:37.22	01:32.11	01:26.99	01:21.87	01:16.75	01:11.64	03:52.24	03:40.01	03:27.79	03:15.57	03:03.34	02:51.12
T61	01:31.79	01:26.96	01:22.13	01:17.30	01:12.47	01:07.63	03:19.48	03:08.98	02:58.48	02:47.98	02:37.48	02:26.99
T62	01:26.98	01:22.40	01:17.83	01:13.25	01:08.67	01:04.09	03:40.11	03:28.53	03:16.94	03:05.36	02:53.78	02:42.19
T63	01:57.51	01:51.33	01:45.14	01:38.96	01:32.77	01:26.59	05:26.91	05:09.71	04:52.50	04:35.30	04:18.09	04:00.88
T64	01:34.35	01:29.39	01:24.42	01:19.46	01:14.49	01:09.52	04:20.72	04:07.00	03:53.27	03:39.55	03:25.83	03:12.11
T71												
T72												

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

13-19 YEARS MALE MULTI-CLASS QUALIFYING STANDARDS

1500M							LONG JUMP					
	13 years	14 years	15 years	16 years	17 years	18-19 years	13 years	14 years	15 years	16 years	17 years	18-19 years
T01	07:12.80	06:50.02	06:27.24	06:04.46	05:41.69	05:18.91	2.58	2.78	2.98	3.18	3.37	3.57
T11	07:32.90	07:09.07	06:45.23	06:21.39	05:57.56	05:33.72	2.19	2.36	2.52	2.69	2.86	3.03
T12	06:58.74	06:36.70	06:14.66	05:52.62	05:30.58	05:08.55	2.43	2.61	2.80	2.99	3.17	3.36
T13	07:13.75	06:50.92	06:28.09	06:05.26	05:42.44	05:19.61	2.49	2.68	2.87	3.06	3.26	3.45
T20	07:08.45	06:45.90	06:23.35	06:00.80	05:38.25	05:15.70	2.48	2.67	2.87	3.06	3.25	3.44
T21							1.57	1.69	1.81	1.93	2.05	2.17
II3	07:08.45	06:45.90	06:23.35	06:00.80	05:38.25	05:15.70	2.48	2.67	2.87	3.06	3.25	3.44
T32												
T33	07:51.81	07:26.98	07:02.14	06:37.31	06:12.48	05:47.65						
T34	06:00.87	05:41.87	05:22.88	05:03.89	04:44.90	04:25.90						
T35	09:15.43	08:46.19	08:16.96	07:47.73	07:18.50	06:49.26	1.97	2.12	2.27	2.42	2.58	2.73
T36	08:38.49	08:11.20	07:43.91	07:16.62	06:49.34	06:22.05	1.97	2.12	2.27	2.42	2.57	2.72
T37	07:32.79	07:08.96	06:45.13	06:21.30	05:57.46	05:33.63	2.20	2.37	2.54	2.71	2.88	3.05
T38	07:10.98	06:48.29	06:25.61	06:02.93	05:40.25	05:17.56	2.38	2.56	2.74	2.92	3.11	3.29
T40												
T41												
T42							1.84	1.98	2.13	2.27	2.41	2.55
T43	08:39.57	08:12.23	07:44.88	07:17.54	06:50.19	06:22.84	2.08	2.24	2.40	2.56	2.72	2.88
T44	08:22.87	07:56.41	07:29.94	07:03.47	06:37.01	06:10.54	2.30	2.47	2.65	2.83	3.00	3.18
T45	07:51.69	07:26.87	07:02.04	06:37.22	06:12.39	05:47.56	2.08	2.24	2.40	2.56	2.72	2.88
T46	07:10.37	06:47.72	06:25.07	06:02.42	05:39.77	05:17.11	2.46	2.65	2.84	3.03	3.22	3.41
T47							2.46	2.65	2.84	3.03	3.22	3.41
T51	09:17.65	08:48.30	08:18.95	07:49.60	07:20.25	06:50.90						
T52	06:29.65	06:09.14	05:48.64	05:28.13	05:07.62	04:47.11						
T53	05:26.50	05:09.31	04:52.13	04:34.94	04:17.76	04:00.58						
T54	05:26.50	05:09.31	04:52.13	04:34.94	04:17.76	04:00.58						
T60	07:48.60	07:23.93	06:59.27	06:34.61	06:09.95	05:45.28	2.26	2.43	2.61	2.78	2.95	3.13
T61							2.10	2.26	2.43	2.59	2.75	2.91
T62	08:39.57	08:12.23	07:44.88	07:17.54	06:50.19	06:22.84	2.28	2.45	2.63	2.80	2.98	3.15
T63							2.35	2.53	2.72	2.90	3.08	3.26
T64	08:39.57	08:12.23	07:44.88	07:17.54	06:50.19	06:22.84	2.76	2.97	3.18	3.39	3.60	3.82
T71												
T72												

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

13-19 YEARS MALE MULTI-CLASS QUALIFYING STANDARDS - FIELD

	SHOTPUT						DISCUS						JAVELIN (CLUB THROW F31, F32, F51)					
	13 years	14 years	15 years	16 years	17 years	18-19 years	13 years	14 years	15 years	16 years	17 years	18-19 years	13 years	14 years	15 years	16 years	17 years	18-19 years
F01	5.66	6.09	6.53	6.96	7.40	7.83	20.20	21.76	23.31	24.86	26.42	27.97	23.88	25.71	27.55	29.39	31.22	33.06
F11	4.96	5.34	5.72	6.10	6.49	6.87	14.98	16.14	17.29	18.44	19.59	20.75	17.55	18.90	20.25	21.60	22.95	24.30
F12	5.53	5.96	6.38	6.81	7.23	7.66	17.07	18.38	19.69	21.00	22.32	23.63	21.09	22.71	24.33	25.96	27.58	29.20
F13	5.35	5.76	6.17	6.58	7.00	7.41	17.42	18.76	20.10	21.44	22.78	24.12	23.08	24.85	26.63	28.40	30.18	31.95
F20	5.62	6.05	6.48	6.92	7.35	7.78	14.90	16.05	17.19	18.34	19.49	20.63	18.47	19.89	21.32	22.74	24.16	25.58
F21	4.16	4.48	4.80	5.12	5.44	5.76	12.84	13.83	14.81	15.80	16.79	17.78	11.87	12.78	13.70	14.61	15.52	16.43
II3	5.62	6.05	6.48	6.92	7.35	7.78	14.90	16.05	17.19	18.34	19.49	20.63	18.47	19.89	21.32	22.74	24.16	25.58
F31													9.98	10.75	11.52	12.29	13.06	13.82
F32	3.92	4.22	4.52	4.82	5.12	5.42	9.04	9.74	10.43	11.13	11.82	12.52	12.09	13.02	13.95	14.88	15.81	16.74
F33	4.02	4.33	4.64	4.94	5.25	5.56	10.12	10.90	11.68	12.46	13.23	14.01	8.76	9.44	10.11	10.78	11.46	12.13
F34	3.96	4.26	4.56	4.87	5.17	5.48	14.07	15.15	16.23	17.32	18.40	19.48	12.42	13.38	14.34	15.29	16.25	17.20
F35	5.63	6.06	6.50	6.93	7.36	7.79	17.59	18.95	20.30	21.65	23.01	24.36	18.22	19.62	21.03	22.43	23.83	25.23
F36	5.30	5.71	6.12	6.53	6.94	7.34	14.10	15.18	16.27	17.35	18.44	19.52	14.68	15.81	16.94	18.07	19.20	20.33
F37	5.69	6.13	6.57	7.01	7.45	7.88	19.42	20.91	22.41	23.90	25.39	26.89	18.79	20.23	21.68	23.12	24.57	26.01
F38	5.18	5.58	5.98	6.38	6.78	7.18	17.20	18.52	19.84	21.16	22.49	23.81	18.91	20.36	21.82	23.27	24.73	26.18
F40	3.58	3.85	4.13	4.40	4.68	4.95	9.16	9.87	10.57	11.28	11.98	12.69	12.64	13.62	14.59	15.56	16.53	17.51
F41	4.65	5.01	5.37	5.72	6.08	6.44	14.42	15.53	16.64	17.74	18.85	19.96	14.41	15.52	16.63	17.74	18.85	19.96
F42	5.69	6.13	6.57	7.01	7.45	7.88	17.60	18.95	20.30	21.66	23.01	24.36	18.38	19.80	21.21	22.62	24.04	25.45
F43	6.64	7.15	7.66	8.17	8.68	9.19	20.70	22.30	23.89	25.48	27.07	28.67	18.72	20.16	21.60	23.04	24.48	25.92
F44	5.11	5.51	5.90	6.29	6.69	7.08	20.88	22.49	24.10	25.70	27.31	28.92	21.51	23.16	24.82	26.47	28.13	29.78
F45	3.72	4.01	4.29	4.58	4.87	5.15	9.17	9.87	10.58	11.28	11.99	12.69	9.52	10.26	10.99	11.72	12.45	13.19
F46	5.46	5.88	6.30	6.72	7.14	7.56	17.11	18.42	19.74	21.06	22.37	23.69	20.79	22.39	23.99	25.59	27.19	28.79
F47																		
F51							4.28	4.61	4.94	5.27	5.60	5.93	11.51	12.40	13.28	14.17	15.05	15.94
F52	3.82	4.11	4.40	4.70	4.99	5.28	7.74	8.33	8.93	9.52	10.12	10.71	6.04	6.50	6.97	7.43	7.90	8.36
F53	2.87	3.09	3.31	3.53	3.75	3.97	8.65	9.32	9.98	10.65	11.31	11.98	7.90	8.51	9.11	9.72	10.33	10.94
F54	3.71	3.99	4.28	4.56	4.85	5.13	10.95	11.79	12.63	13.47	14.31	15.16	10.82	11.65	12.48	13.32	14.15	14.98
F55	4.05	4.36	4.68	4.99	5.30	5.61	12.95	13.94	14.94	15.94	16.93	17.93	11.47	12.36	13.24	14.12	15.00	15.89
F56	4.38	4.72	5.06	5.40	5.73	6.07	15.17	16.34	17.51	18.67	19.84	21.01	13.89	14.96	16.03	17.10	18.16	19.23
F57	4.96	5.34	5.72	6.10	6.49	6.87	15.78	16.99	18.21	19.42	20.63	21.85	16.01	17.24	18.47	19.70	20.94	22.17
F60	4.08	4.39	4.70	5.02	5.33	5.64	12.51	13.47	14.43	15.39	16.35	17.32	13.86	14.93	15.99	17.06	18.13	19.19
F61	2.84	3.06	3.28	3.50	3.71	3.93	8.89	9.58	10.26	10.94	11.63	12.31	10.14	10.92	11.70	12.48	13.26	14.04
F62	2.84	3.06	3.28	3.50	3.71	3.93	8.89	9.58	10.26	10.94	11.63	12.31	10.14	10.92	11.70	12.48	13.26	14.04
F63	4.91	5.29	5.66	6.04	6.42	6.80	15.25	16.42	17.59	18.76	19.94	21.11	19.43	20.92	22.41	23.91	25.40	26.90
F64	5.97	6.43	6.89	7.35	7.81	8.27	21.40	23.05	24.70	26.34	27.99	29.64	20.44	22.01	23.58	25.15	26.72	28.30

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

13-19 YEARS FEMALE MULTI-CLASS QUALIFYING STANDARDS - TRACK

	100M						200M					
	13 years	14 years	15 years	16 years	17 years	18-19 years	13 years	14 years	15 years	16 years	17 years	18-19 years
T01	00:22.25	00:21.08	00:19.91	00:18.74	00:17.57	00:16.39	00:46.42	00:43.97	00:41.53	00:39.09	00:36.65	00:34.20
T11	00:22.51	00:21.33	00:20.14	00:18.96	00:17.78	00:16.59	00:46.34	00:43.90	00:41.46	00:39.02	00:36.59	00:34.15
T12	00:21.66	00:20.52	00:19.38	00:18.24	00:17.10	00:15.96	00:43.76	00:41.45	00:39.15	00:36.85	00:34.54	00:32.24
T13	00:22.40	00:21.22	00:20.04	00:18.86	00:17.69	00:16.51	00:46.06	00:43.63	00:41.21	00:38.78	00:36.36	00:33.94
T20	00:22.63	00:21.44	00:20.25	00:19.06	00:17.87	00:16.67	00:47.52	00:45.02	00:42.52	00:40.02	00:37.51	00:35.01
T21	00:29.05	00:27.52	00:25.99	00:24.46	00:22.93	00:21.41	01:01.12	00:57.91	00:54.69	00:51.47	00:48.26	00:45.04
II3	00:22.63	00:21.44	00:20.25	00:19.06	00:17.87	00:16.67	00:47.52	00:45.02	00:42.52	00:40.02	00:37.51	00:35.01
T32	00:47.06	00:44.59	00:42.11	00:39.63	00:37.15	00:34.68	01:24.23	01:19.79	01:15.36	01:10.93	01:06.50	01:02.06
T33	00:37.79	00:35.80	00:33.81	00:31.82	00:29.84	00:27.85	01:06.58	01:03.07	00:59.57	00:56.06	00:52.56	00:49.06
T34	00:31.86	00:30.19	00:28.51	00:26.83	00:25.15	00:23.48	00:54.91	00:52.02	00:49.13	00:46.24	00:43.35	00:40.46
T35	00:25.52	00:24.17	00:22.83	00:21.49	00:20.14	00:18.80	00:53.62	00:50.80	00:47.97	00:45.15	00:42.33	00:39.51
T36	00:25.99	00:24.62	00:23.26	00:21.89	00:20.52	00:19.15	00:53.60	00:50.78	00:47.96	00:45.14	00:42.32	00:39.49
T37	00:24.89	00:23.58	00:22.27	00:20.96	00:19.65	00:18.34	00:51.51	00:48.80	00:46.09	00:43.38	00:40.66	00:37.95
T38	00:23.52	00:22.28	00:21.05	00:19.81	00:18.57	00:17.33	00:49.25	00:46.66	00:44.06	00:41.47	00:38.88	00:36.29
T40	00:34.39	00:32.58	00:30.77	00:28.96	00:27.15	00:25.34	01:15.05	01:11.10	01:07.15	01:03.20	00:59.25	00:55.30
T41	00:31.35	00:29.70	00:28.05	00:26.40	00:24.75	00:23.10	01:11.06	01:07.32	01:03.58	00:59.84	00:56.10	00:52.36
T42	00:27.97	00:26.50	00:25.02	00:23.55	00:22.08	00:20.61	00:56.75	00:53.77	00:50.78	00:47.79	00:44.81	00:41.82
T43	00:26.07	00:24.70	00:23.32	00:21.95	00:20.58	00:19.21	00:53.22	00:50.42	00:47.62	00:44.82	00:42.02	00:39.21
T44	00:24.17	00:22.90	00:21.62	00:20.35	00:19.08	00:17.81	00:49.69	00:47.07	00:44.45	00:41.84	00:39.22	00:36.61
T45	00:26.60	00:25.20	00:23.80	00:22.40	00:21.00	00:19.60	00:54.30	00:51.44	00:48.59	00:45.73	00:42.87	00:40.01
T46	00:22.59	00:21.40	00:20.21	00:19.02	00:17.83	00:16.65	00:46.46	00:44.01	00:41.56	00:39.12	00:36.68	00:34.23
T47	00:22.59	00:21.40	00:20.21	00:19.02	00:17.83	00:16.65	00:46.46	00:44.01	00:41.56	00:39.12	00:36.68	00:34.23
T51	00:46.91	00:44.44	00:41.97	00:39.50	00:37.03	00:34.57	01:23.92	01:19.51	01:15.09	01:10.67	01:06.26	01:01.84
T52	00:35.47	00:33.61	00:31.74	00:29.87	00:28.01	00:26.14	01:03.06	00:59.74	00:56.42	00:53.10	00:49.78	00:46.47
T53	00:30.76	00:29.14	00:27.52	00:25.90	00:24.29	00:22.67	00:54.36	00:51.50	00:48.64	00:45.78	00:42.92	00:40.05
T54	00:29.16	00:27.63	00:26.09	00:24.56	00:23.02	00:21.49	00:52.29	00:49.54	00:46.78	00:44.03	00:41.28	00:38.53
T60	00:23.24	00:22.01	00:20.79	00:19.57	00:18.35	00:17.12	00:47.44	00:44.95	00:42.45	00:39.95	00:37.46	00:34.96
T61	00:28.40	00:26.91	00:25.41	00:23.92	00:22.42	00:20.93	01:12.16	01:08.36	01:04.57	01:00.77	00:56.97	00:53.17
T62	00:24.02	00:22.75	00:21.49	00:20.22	00:18.96	00:17.70	00:50.31	00:47.66	00:45.02	00:42.37	00:39.72	00:37.07
T63	00:27.72	00:26.26	00:24.80	00:23.34	00:21.88	00:20.43	00:56.75	00:53.77	00:50.78	00:47.79	00:44.81	00:41.82
T64	00:24.05	00:22.79	00:21.52	00:20.26	00:18.99	00:17.72	00:49.63	00:47.02	00:44.40	00:41.79	00:39.18	00:36.57
T71	00:39.10	00:37.04	00:34.99	00:32.93	00:30.87	00:28.81						
T72	00:32.43	00:30.73	00:29.02	00:27.31	00:25.60	00:23.90						

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

13-19 YEARS FEMALE MULTI-CLASS QUALIFYING STANDARDS – TRACK

	400M						800M					
	13 years	14 years	15 years	16 years	17 years	18-19 years	13 years	14 years	15 years	16 years	17 years	18-19 years
T01	01:45.16	01:39.63	01:34.09	01:28.56	01:23.03	01:17.49	04:02.25	03:49.50	03:36.75	03:24.00	03:11.25	02:58.50
T11	01:46.40	01:40.80	01:35.20	01:29.60	01:24.00	01:18.40	04:21.55	04:07.79	03:54.02	03:40.26	03:26.49	03:12.72
T12	01:38.36	01:33.19	01:28.01	01:22.83	01:17.66	01:12.48	03:57.42	03:44.93	03:32.43	03:19.94	03:07.44	02:54.94
T13	01:43.47	01:38.03	01:32.58	01:27.14	01:21.69	01:16.24	03:54.04	03:41.72	03:29.41	03:17.09	03:04.77	02:52.45
T20	01:46.38	01:40.78	01:35.18	01:29.58	01:23.98	01:18.39	04:02.71	03:49.93	03:37.16	03:24.38	03:11.61	02:58.84
T21	02:24.04	02:16.46	02:08.88	02:01.30	01:53.71	01:46.13						
II3	01:46.38	01:40.78	01:35.18	01:29.58	01:23.98	01:18.39	04:02.71	03:49.93	03:37.16	03:24.38	03:11.61	02:58.84
T32	02:46.10	02:37.36	02:28.61	02:19.87	02:11.13	02:02.39						
T33	02:13.28	02:06.27	01:59.26	01:52.24	01:45.22	01:38.21	04:31.41	04:17.13	04:02.84	03:48.56	03:34.28	03:19.99
T34	01:42.58	01:37.18	01:31.78	01:26.38	01:20.99	01:15.59	03:26.85	03:15.97	03:05.08	02:54.19	02:43.30	02:32.42
T35	02:21.91	02:14.44	02:06.97	01:59.50	01:52.03	01:44.57	06:07.59	05:48.25	05:28.90	05:09.55	04:50.20	04:30.86
T36	02:07.22	02:00.53	01:53.83	01:47.14	01:40.44	01:33.74	05:10.93	04:54.57	04:38.20	04:21.84	04:05.48	03:49.11
T37	01:54.55	01:48.52	01:42.49	01:36.46	01:30.43	01:24.41	05:07.25	04:51.08	04:34.91	04:18.74	04:02.56	03:46.39
T38	01:54.51	01:48.49	01:42.46	01:36.43	01:30.40	01:24.38	04:41.28	04:26.47	04:11.67	03:56.86	03:42.06	03:27.26
T40	02:43.97	02:35.34	02:26.71	02:18.08	02:09.45	02:00.82						
T41	02:27.25	02:19.50	02:11.75	02:04.00	01:56.25	01:48.50						
T42	02:36.66	02:28.41	02:20.17	02:11.92	02:03.67	01:55.43	05:51.50	05:33.00	05:14.50	04:56.00	04:37.50	04:19.00
T43	02:15.39	02:08.27	02:01.14	01:54.02	01:46.89	01:39.76	05:09.70	04:53.40	04:37.10	04:20.80	04:04.50	03:48.20
T44	01:54.13	01:48.13	01:42.12	01:36.11	01:30.10	01:24.10	04:30.33	04:16.10	04:01.88	03:47.65	03:33.42	03:19.19
T45	02:07.66	02:00.94	01:54.22	01:47.50	01:40.78	01:34.07	04:11.60	03:58.36	03:45.11	03:31.87	03:18.63	03:05.39
T46	01:45.64	01:40.08	01:34.52	01:28.96	01:23.40	01:17.84	04:11.60	03:58.36	03:45.11	03:31.87	03:18.63	03:05.39
T47	01:45.64	01:40.08	01:34.52	01:28.96	01:23.40	01:17.84						
T51	03:03.24	02:53.59	02:43.95	02:34.30	02:24.66	02:15.02	06:11.72	05:52.15	05:32.59	05:13.02	04:53.46	04:33.90
T52	02:03.25	01:56.77	01:50.28	01:43.79	01:37.30	01:30.82	04:00.84	03:48.17	03:35.49	03:22.82	03:10.14	02:57.46
T53	01:41.31	01:35.98	01:30.64	01:25.31	01:19.98	01:14.65	03:20.51	03:09.95	02:59.40	02:48.85	02:38.29	02:27.74
T54	01:38.61	01:33.42	01:28.23	01:23.04	01:17.85	01:12.66	03:12.79	03:02.65	02:52.50	02:42.35	02:32.21	02:22.06
T60	01:57.48	01:51.29	01:45.11	01:38.93	01:32.74	01:26.56	04:41.24	04:26.44	04:11.63	03:56.83	03:42.03	03:27.23
T61	02:36.66	02:28.41	02:20.17	02:11.92	02:03.67	01:55.43	05:09.70	04:53.40	04:37.10	04:20.80	04:04.50	03:48.20
T62	01:53.37	01:47.41	01:41.44	01:35.47	01:29.50	01:23.54	05:37.84	05:20.06	05:02.28	04:44.50	04:26.71	04:08.93
T63	02:36.66	02:28.41	02:20.17	02:11.92	02:03.67	01:55.43	05:51.50	05:33.00	05:14.50	04:56.00	04:37.50	04:19.00
T64	01:52.61	01:46.69	01:40.76	01:34.83	01:28.91	01:22.98	04:30.33	04:16.10	04:01.88	03:47.65	03:33.42	03:19.19
T71												
T72												

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

13-19 YEARS FEMALE MULTI-CLASS QUALIFYING STANDARDS

	1500M						LONG JUMP					
	13 years	14 years	15 years	16 years	17 years	18-19 years	13 years	14 years	15 years	16 years	17 years	18-19 years
T01	08:23.97	07:57.45	07:30.93	07:04.40	06:37.88	06:11.35	2.03	2.18	2.34	2.50	2.65	2.81
T11	08:49.95	08:22.06	07:54.16	07:26.27	06:58.38	06:30.49	1.77	1.91	2.05	2.18	2.32	2.46
T12	08:12.48	07:46.56	07:20.64	06:54.72	06:28.80	06:02.88	2.15	2.31	2.48	2.64	2.81	2.97
T13	07:46.01	07:21.49	06:56.96	06:32.43	06:07.91	05:43.38	1.91	2.06	2.21	2.35	2.50	2.65
T20	08:20.40	07:54.07	07:27.73	07:01.39	06:35.06	06:08.72	2.02	2.17	2.33	2.48	2.64	2.79
T21							1.15	1.24	1.33	1.42	1.51	1.60
II3	08:20.40	07:54.07	07:27.73	07:01.39	06:35.06	06:08.72	2.02	2.17	2.33	2.48	2.64	2.79
T32												
T33	08:54.01	08:25.91	07:57.80	07:29.70	07:01.59	06:33.48						
T34	06:22.01	06:01.91	05:41.80	05:21.70	05:01.59	04:41.48						
T35	14:41.71	13:55.31	13:08.90	12:22.50	11:36.09	10:49.68	1.06	1.14	1.22	1.30	1.38	1.46
T36	11:06.16	10:31.10	09:56.04	09:20.98	08:45.92	08:10.85	1.34	1.44	1.54	1.64	1.75	1.85
T37	10:46.23	10:12.22	09:38.20	09:04.19	08:30.18	07:56.17	1.77	1.91	2.04	2.18	2.32	2.45
T38	10:24.17	09:51.32	09:18.47	08:45.62	08:12.77	07:39.91	1.89	2.04	2.18	2.33	2.47	2.62
T40												
T41												
T42							1.34	1.45	1.55	1.65	1.76	1.86
T43	08:39.57	08:12.23	07:44.88	07:17.54	06:50.19	06:22.84	1.45	1.56	1.67	1.78	1.89	2.00
T44	09:27.49	08:57.62	08:27.76	07:57.89	07:28.02	06:58.15	1.62	1.74	1.87	1.99	2.12	2.24
T45	09:11.15	08:42.14	08:13.14	07:44.13	07:15.12	06:46.11	1.39	1.50	1.61	1.72	1.82	1.93
T46	09:11.15	08:42.14	08:13.14	07:44.13	07:15.12	06:46.11	2.10	2.26	2.43	2.59	2.75	2.91
T47							2.10	2.26	2.43	2.59	2.75	2.91
T51	11:35.27	10:58.67	10:22.08	09:45.49	09:08.90	08:32.30						
T52	07:56.46	07:31.39	07:06.31	06:41.23	06:16.16	05:51.08						
T53	06:05.46	05:46.23	05:27.00	05:07.76	04:48.53	04:29.29						
T54	06:05.46	05:46.23	05:27.00	05:07.76	04:48.53	04:29.29						
T60	10:04.43	09:32.62	09:00.80	08:28.99	07:57.18	07:25.37	1.61	1.74	1.86	1.98	2.11	2.23
T61							1.80	1.94	2.08	2.22	2.36	2.50
T62	09:27.49	08:57.62	08:27.76	07:57.89	07:28.02	06:58.15	2.00	2.15	2.30	2.46	2.61	2.76
T63							1.64	1.77	1.90	2.02	2.15	2.28
T64	09:27.49	08:57.62	08:27.76	07:57.89	07:28.02	06:58.15	2.00	2.15	2.30	2.46	2.61	2.76
T71												
T72												

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

13-19 YEARS FEMALE MULTI-CLASS QUALIFYING STANDARDS – FIELD

	SHOTPUT						DISCUS						JAVELIN (CLUB THROW F31, F32, F51)					
	13 years	14 years	15 years	16 years	17 years	18-19 years	13 years	14 years	15 years	16 years	17 years	18-19 years	13 years	14 years	15 years	16 years	17 years	18-19 years
F01	4.98	5.37	5.75	6.13	6.52	6.90	19.03	20.49	21.95	23.42	24.88	26.34	16.45	17.72	18.99	20.25	21.52	22.78
F11	5.63	6.06	6.50	6.93	7.36	7.79	13.14	14.15	15.16	16.17	17.18	18.19	12.55	13.52	14.48	15.45	16.41	17.38
F12	4.89	5.27	5.64	6.02	6.40	6.77	15.41	16.59	17.78	18.96	20.15	21.33	14.95	16.10	17.25	18.40	19.55	20.70
F13	4.24	4.57	4.89	5.22	5.55	5.87	14.52	15.63	16.75	17.87	18.98	20.10	14.49	15.60	16.72	17.83	18.95	20.06
F20	4.58	4.94	5.29	5.64	5.99	6.35	14.18	15.27	16.36	17.45	18.54	19.63	13.32	14.34	15.36	16.39	17.41	18.44
F21	2.44	2.63	2.81	3.00	3.19	3.38	5.88	6.33	6.78	7.24	7.69	8.14	6.60	7.11	7.62	8.12	8.63	9.14
II3	4.58	4.94	5.29	5.64	5.99	6.35	14.18	15.27	16.36	17.45	18.54	19.63	13.32	14.34	15.36	16.39	17.41	18.44
F31													6.65	7.16	7.67	8.18	8.69	9.20
F32	2.29	2.46	2.64	2.82	2.99	3.17	4.54	4.89	5.24	5.59	5.94	6.29	8.87	9.55	10.23	10.91	11.59	12.28
F33	2.54	2.73	2.93	3.12	3.32	3.51	7.35	7.92	8.48	9.05	9.61	10.18	5.54	5.96	6.39	6.82	7.24	7.67
F34	2.87	3.09	3.31	3.53	3.75	3.97	7.45	8.02	8.59	9.16	9.74	10.31	7.24	7.80	8.36	8.91	9.47	10.03
F35	4.52	4.87	5.22	5.56	5.91	6.26	10.37	11.17	11.97	12.77	13.57	14.36	9.24	9.95	10.67	11.38	12.09	12.80
F36	3.83	4.13	4.42	4.72	5.01	5.31	9.10	9.80	10.50	11.20	11.90	12.60	9.60	10.34	11.08	11.82	12.56	13.30
F37	5.04	5.43	5.81	6.20	6.59	6.98	12.44	13.40	14.36	15.32	16.27	17.23	12.30	13.25	14.20	15.14	16.09	17.04
F38	4.09	4.40	4.72	5.03	5.35	5.66	12.29	13.24	14.19	15.13	16.08	17.02	10.68	11.50	12.33	13.15	13.97	14.79
F40	3.04	3.27	3.51	3.74	3.97	4.21	8.22	8.86	9.49	10.12	10.75	11.39	7.60	8.18	8.76	9.35	9.93	10.52
F41	3.39	3.65	3.91	4.17	4.43	4.69	11.55	12.44	13.32	14.21	15.10	15.99	9.33	10.05	10.76	11.48	12.20	12.92
F42	3.78	4.07	4.37	4.66	4.95	5.24	11.88	12.80	13.71	14.62	15.54	16.45	10.24	11.03	11.82	12.60	13.39	14.18
F43	3.53	3.80	4.07	4.34	4.61	4.88	8.75	9.42	10.09	10.76	11.44	12.11	9.09	9.79	10.49	11.19	11.89	12.59
F44	4.27	4.60	4.93	5.26	5.58	5.91	14.47	15.59	16.70	17.81	18.93	20.04	14.01	15.09	16.17	17.25	18.33	19.40
F45	2.84	3.06	3.28	3.50	3.71	3.93	6.53	7.03	7.53	8.04	8.54	9.04	7.04	7.58	8.12	8.66	9.20	9.74
F46	4.33	4.66	5.00	5.33	5.66	5.99	13.69	14.74	15.80	16.85	17.90	18.95	14.86	16.01	17.15	18.29	19.44	20.58
F47																		
F51							4.83	5.20	5.58	5.95	6.32	6.69	8.20	8.83	9.46	10.09	10.72	11.35
F52	2.85	3.07	3.29	3.51	3.73	3.95	5.66	6.09	6.53	6.96	7.40	7.83	4.37	4.71	5.05	5.38	5.72	6.06
F53	1.91	2.06	2.21	2.35	2.50	2.65	5.28	5.69	6.10	6.50	6.91	7.32	3.86	4.15	4.45	4.75	5.04	5.34
F54	2.66	2.87	3.07	3.28	3.48	3.69	6.49	6.99	7.49	7.98	8.48	8.98	6.58	7.09	7.59	8.10	8.61	9.11
F55	2.94	3.17	3.40	3.62	3.85	4.08	9.04	9.73	10.43	11.12	11.82	12.51	8.80	9.47	10.15	10.83	11.50	12.18
F56	3.23	3.48	3.73	3.98	4.23	4.48	8.54	9.20	9.86	10.51	11.17	11.83	7.81	8.41	9.01	9.61	10.21	10.81
F57	3.63	3.91	4.19	4.46	4.74	5.02	11.62	12.52	13.41	14.30	15.20	16.09	8.43	9.08	9.73	10.38	11.03	11.68
F60	3.60	3.88	4.16	4.44	4.71	4.99	10.35	11.15	11.94	12.74	13.54	14.33	11.71	12.61	13.51	14.41	15.31	16.21
F61	3.27	3.52	3.77	4.02	4.28	4.53	10.79	11.62	12.45	13.28	14.11	14.94	10.24	11.03	11.82	12.60	13.39	14.18
F62	3.45	3.71	3.98	4.24	4.51	4.77	11.51	12.39	13.28	14.16	15.05	15.93	9.09	9.79	10.49	11.19	11.89	12.59
F63	3.27	3.52	3.77	4.02	4.28	4.53	10.79	11.62	12.45	13.28	14.11	14.94	10.24	11.03	11.82	12.60	13.39	14.18
F64	3.62	3.90	4.18	4.46	4.74	5.02	12.22	13.16	14.10	15.04	15.98	16.92	8.65	9.31	9.98	10.64	11.31	11.97