

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

13-19 YEARS MALE QUALIFYING STANDARDS – TRACK EVENTS

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

Event	13 Years	14 Years	15 Years	16 Years	17 Years	18-19 Years
100 metres	12.2 (12.44)	11.8 (12.04)	11.5 (11.74)	11.4 (11.64)	11.4 (11.64)	11.4 (11.64)
200 metres	25.4 (25.64)	24.2 (24.44)	23.7 (23.94)	23.5 (23.74)	23.1 (23.34)	23.1 (23.34)
400 metres	59.0 (59.14)	56.1 (56.24)	54.5 (54.64)	53.3 (53.44)	52.7 (52.84)	52.7 (52.84)
800 metres	2:19.0	2:11.0	2:09.0	2:06.0	2:06.0	2:06.0
1500 metres	4:45.0	4:40.0	4:30.0	4:28.0	4:26.0	4:26.0
3000 metres		10:10.0	10:00.0	9:40.0	9:40.0	
5000 metres						17:00.0
3000 metres Walk	18:40.0	18:40.0	18:40.0			
5000 metres Walk				29:00.0	29:00.0	29:00.0
Sprint Hurdles	15.06 (15.30)	15.9 (16.14)	15.5 (15.74)	16.6 (16.84)	16.6 (16.84)	16.7 (16.94)
200 metres Hurdles		29.80 (30.04)	29.80 (30.04)			
400 metres Hurdles				1:02.8 (1:02.94)	1:02.8 (1:02.94)	1:03.8 (1:03.94)
2000 metres Steeplechase		7:15.0	7:00.0	7:00.0	6:50.0	
3000 metres Steeplechase						10:20.0

Notes:

- The following events may be conducted as **multi-age events** (multiple age groups combined where necessary, nominations accepted for each age group, separate results awarded):
3000 metres, 3000 metres Walk, 5000 metres Walk, 200 metres Hurdles, 400 metres Hurdles, 2000 metres Steeplechase and all 19 Years events.
- For all events of 400 metres or shorter, including hurdles, 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.

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

13-19 YEARS FEMALE QUALIFYING STANDARDS – TRACK EVENTS

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

Event	13 Years	14 Years	15 Years	16 Years	17 Years	18-19 Years
100 metres	13.2 (13.44)	13.1 (13.34)	13.0 (13.24)	13.0 (13.24)	13.0 (13.24)	13.0 (13.24)
200 metres	27.6 (27.84)	27.1 (27.34)	27.0 (27.24)	26.9 (27.14)	26.9 (27.14)	26.9 (27.14)
400 metres	1:03.8 (1:03.94)	1:03.1 (1:03.24)	1:03.1 (1:03.24)	1:03.0 (1:03.14)	1:03.0 (1:03.14)	1:03.0 (1:03.14)
800 metres	2:30.0	2:29.5	2:29.5	2:29.5	2:29.5	2:29.5
1500 metres	5:05.0	5:05.0	5:05.0	5:05.0	5:05.0	5:05.0
3000 metres		11:22.0	11:22.0	11:22.0	11:22.0	
5000 metres						18:50.0
3000 metres Walk	19:00.0	19:00.0	19:00.0			
5000 metres Walk				32:00.0	32:00.0	32:00.0
Sprint Hurdles	14.3 (14.54)	15.7 (15.94)	15.6 (15.84)	17.5 (17.74)	17.4 (17.64)	17.4 (17.64)
200 metres Hurdles		32.0 (32.24)	32.0 (32.24)			
400 metres Hurdles				1:13.0 (1:13.14)	1:13.0 (1:13.14)	1:13.0 (1:13.14)
2000 metres Steeplechase		8:40.0	8:40.0	8:40.0	8:40.0	
3000 metres Steeplechase						13:20.0

Notes:

- The following events may be conducted as **multi-age events** (multiple age groups combined where necessary, nominations accepted for each age group, separate results awarded):
3000 metres, 3000 metres Walk, 5000 metres Walk, 200 metres Hurdles, 400 metres Hurdles, 2000 metres Steeplechase and all 19 Years events.
- For all events of 400 metres or shorter, including hurdles, 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.

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

13-19 YEARS MALE QUALIFYING STANDARDS – FIELD EVENTS

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

Event	13 Years	14 Years	15 Years	16 Years	17 Years	18-19 Years
Shot Put	12.50 m 3kg	12.50 m 4kg	13.00 m 4kg	12.75 m 5kg	13.00 m 5kg	11.00 m 6kg
Discus	34.00 m 1kg	38.00 m 1kg	43.00 m 1kg	37.00 m 1.5kg	41.00 m 1.5kg	32.00 m 1.75kg
Javelin	34.00 m 600g	38.00 m 700g	43.00 m 700g	46.00 m 700g	47.50 m 700g	40.00 m 800g
Hammer	28.00 3kg	28.00 m 4kg	32.00 m 4kg	35.00 m 5kg	35.00 m 5kg	32.00 m 6kg
High Jump	1.58 m	1.68 m	1.74 m	1.80 m	1.82 m	1.82 m
Long Jump	5.40 m	5.70 m	6.00 m	6.20 m	6.20 m	6.20 m
Triple Jump	10.85 m	11.60 m	12.00 m	12.40 m	12.65 m	12.65 m
Pole Vault	2.30 m	2.30 m	2.30 m	2.70 m	2.70 m	3.00 m

13-19 YEARS FEMALE QUALIFYING STANDARDS – FIELD EVENTS

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

Event	13 Years	14 Years	15 Years	16 Years	17 Years	18-19 Years
Shot Put	10.00 m 3kg	10.30 m 3kg	10.50 m 3kg	10.75 m 3kg	11.00 m 3kg	9.00 m 4kg
Discus	26.00 m 1kg	27.00 m 1kg	27.50 m 1kg	28.00 m 1kg	28.50 m 1kg	29.00 m 1kg
Javelin	27.00 m 400g	27.50 m 500g	29.00 m 500g	30.00 m 500g	30.00 m 500g	26.00 m 600g
Hammer	26.00m 3kg	27.00 m 3kg	28.00 m 3kg	30.00 m 3kg	32.00 m 3kg	27.00 m 4kg
High Jump	1.47 m	1.50 m	1.50 m	1.50 m	1.50 m	1.50 m
Long Jump	4.70 m	4.90 m	4.95 m	5.00 m	5.00 m	5.00 m
Triple Jump	10.00 m	10.20 m	10.30 m	10.40 m	10.40 m	10.40 m
Pole Vault	2.00 m	2.00 m	2.00 m	2.00 m	2.00 m	2.00 m

Notes:

1. Hammer Throw, Pole Vault and all 19 Years events may be conducted as **multi-age events** (see previous page).

Competitors in **Pole Vault**, **High Jump** and **Hammer Throw** must supply a Certificate of Competence, certified by an accredited coach. This is available from the Regional Sports Office. The starting height for all Pole Vault events will be 2.00 metres. This is determined by the minimum height at which the Pole Vault equipment at QSAC can be set.