

SUNSHINE COAST SCHOOL SPORT

10-12 REGIONAL TRACK & FIELD TRIAL

QUALIFYING STANDARDS 2025

| EVENT | BOYS | | | GIRLS | | |
|-----------|----------|----------|----------|----------|----------|----------|
| | 10 YEARS | 11 YEARS | 12 YEARS | 10 YEARS | 11 YEARS | 12 YEARS |
| HIGH JUMP | 1.20m | 1.30m | 1.38m | 1.10m | 1.20m | 1.30m |
| LONG JUMP | 3.90m | 4.30m | 4.50m | 3.60m | 3.80m | 4.25m |
| DISCUS | 22.00m | 22.00m | 26.00m | 17.00m | 18.00m | 20.00m |
| SHOT PUT | 8.00m | 9.00m | 9.00m | 6.50m | 7.50m | 7.50m |
| 100m | 15.00 | 14.50 | 14.00 | 15.50 | 15.00 | 14.50 |
| 200m | 31.00 | 29.50 | 28.00 | 32.00 | 30.00 | 29.50 |
| 800m | 2:45.00 | 2:40.00 | 2:35.00 | 2:55.00 | 2:50.00 | 2:45.00 |
| 1500m | 5:40.00 | 5:30.00 | 5:20.00 | 6:10.00 | 5:55.00 | 5:45.00 |

NOTE

a) Competitors will be permitted to compete in their own age group only.
There are no events for 9-year-old students.

b) Ages are calculated according to year of birth.
(For example: a child born in 2013 is a 12-year-old in 2025).

Only children born 2013, 2014 and 2015 are eligible for selection.

c) Districts can nominate two athletes “automatically” per event (except 1500m – see below) and up to an additional two athletes (four in total), provided all athletes equal or better the regional qualifying standards shown above.

District nominations must include an athlete’s result for each event beside their name.

d) Districts can nominate one athlete “automatically” in the 1500m event and up to an additional two athletes (three in total), provided all athletes equal or better the regional qualifying standards shown above.