

SUNSHINE COAST SCHOOL SPORT

10-12 REGIONAL TRACK & FIELD TRIAL

QUALIFYING STANDARDS 2026

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

- Competitors must compete in their own age group.
There are no events for 9-year-old students.
- Ages are calculated according to year of birth.
(For example: a child born in 2014 is a 12-year-old in 2026).
Only children born 2014, 2015 and 2016 are eligible for selection.
- Districts can nominate up to two (2) automatic nominations per event (including 1500m).
- Districts can nominate an additional two (2) athletes, to a total of 4, as long as all athletes have achieved a result that is equal to, or better than, the regional qualifying standard in that event.
- Districts can nominate an additional athlete, to a total of three (3), for 1500m events, as long as all athletes have achieved a result that is equal to, or better than, the regional qualifying standard.
- District nominations must include an athlete's result for each nominated event.