

Sunshine Coast School Sport

10-19 YEARS

TRACK AND FIELD

REGIONAL TRIAL

PROGRAM



**UNIVERSITY OF THE SUNSHINE
COAST SPORTS COMPLEX**

Wednesday 27 August and Thursday 28 August 2025

GENERAL INFORMATION

Information relating to the Sunshine Coast School Sport Regional Track & Field trials is outlined below.

PERSONAL DEVICES

- Mobile phones or other electronic devices are not permitted.
- Earbuds / EarPods / AirPods and headphones are not permitted.

TRANSPORT / PARKING

Please refer to the University Parking Map included in this booklet to locate parking and bus drop-off zones.

Parking options available:

- *Free Parking:* Free parking is available at car park 15 (P15), off Claymore Road, approximately a 5-minute walk to the Athletics Track.
- *Paid Parking:* Parking fees apply Monday–Friday, 8am–6pm. To locate paid parking zones and pay stations, refer to the parking map.

More information on parking is available on the following link:

<https://www.usc.edu.au/explore/usc-locations/transport-and-parking/parking>

CHECK-IN / TEAM AREAS

- District team members must check-in with their district team manager/s upon arrival.
- Look for your district's tent located in or near the grandstand.
- Follow your district's process for returning your *regional trial consent booklet* prior to participating at the regional trial. NO FORM = NO TRIAL
- Upon check-in, students will receive a wristband from their team manager to show you have permission to take part in the regional trial. A different coloured wristband will be used each day.
- Additional coloured wristbands will be provided to students who have returned a *QRSS Certificate of competence & consent / medical declaration form* to participate in high-risk field events – including Discus, Javelin and High Jump (Fosbury Flop technique/action only).
- Competitors must wear their supplied wristbands for the duration of the regional trial.

GRANDSTAND SEATING AREAS

- District competitors should sit in their designated area, either in or close to the grandstand, marked by each district tent or flag.
- Parents, carers and spectators are also welcome to sit in the assigned district areas.
- Each district must ensure that their area is clean and orderly by the end of the day.

COMPETITION AREA

- The 'Competition Area' is the area located inside the fence-line. Athletes, district team managers and event officials are the only personnel permitted in this area.
- Spectators are not permitted in the competition area and must stay behind the fence line.

QRSS CONSENT FORM

- This form provides consent for athletes to have their name published on the regional school sport website, in district, regional or state championship programs, regional team photograph, event results, etc.
- If you have not completed a *QRSS consent form* and wish to give consent for your child's name to be published, please contact your district team manager.
- Athletes who have not provided consent for the publishing of their name will be identified on the regional school sport website and event results by their specific individual school code.

UNIFORM / SPIKED RUNNING SHOES

- District sport uniform is to be worn if possible. Otherwise, school sport uniform is also acceptable.
- Enclosed footwear is compulsory for all throwing events (10-12 years) and all 13-19 years events.
- For 10-12 year old track athletes, it is strongly recommended that you wear appropriate footwear. Alternatively, you can tape your feet due to the nature of the synthetic track.
- Spiked running shoes are permitted for all track events, High Jump, Long Jump, Triple Jump and Javelin events.
- Spikes may not exceed a length of 7mm.

WARM UP / RUGBY FIELD

- Athletes may use the rugby field behind the track clubhouse for general and track warm up only.
- No implements / equipment is to be thrown / used on this field.

MARSHALLING

- Competitors must report to the marshalling area at least two events ahead of the event in progress.
- Competitors competing in both a field event and track event that are happening at the same time must first check in at their field event before marshalling for the track event.
- Competitors are not to leave the marshalling area once marshalled.
- Athletes must be ready to marshal on time.
- District team managers must inform marshals of event withdrawals as soon as possible on the day.

CANTEEN

- The Rip City Café at the USC stadium will be available each day for athletes / staff / spectators to purchase food and drinks. A food van will also be available at the track each day.
- Athletes are also encouraged to bring their own lunch and water bottle for the day!

FACILITIES

- The toilets are situated at the southern end of the building at the top of the grandstand. Additional toilet facilities are located in the University Stadium on the eastern side of the track.

OFFICIALS

- Events will be officiated by district staff from across the Sunshine Coast region.
- Each district will also have a team manager/s who will supervise their team and direct the athletes to their events according to the program.

SUN SAFETY & HYDRATION

- The venue offers minimal shade. Therefore, athletes and spectators must provide appropriate sun protection (hats, sunscreen) for themselves. Districts should provide their own tents for shade.
- It is essential that athletes hydrate regularly and remain well hydrated, even in cooler weather. Athletes should bring with them a refillable water bottle to use to hydrate regularly throughout the regional trial event.

FIRST AID

- A qualified first aid medic will be located beside the recording tent near the finish line. Athletes requiring strapping must provide their own tape. Please note priority will be given to first aid over strapping requests.
- It is recommended that athletes who wish to tape their feet, do so before they arrive at the venue.

PHOTOGRAPHY (For Personal / Family Use)

- The taking of photographs (for personal / family use) is permitted at regional events and at QRSS events except where an event is held at a venue where venue management prohibits such photography.
- Where a venue prohibits photography, signage stating that photography is not permitted will be displayed at venue entry points.
- Social Media - Only post pictures and or race results of your child. Please do not publish any photos or personal information of other students without consent.



GENERAL COMPETITION CONDITIONS

AGES

Competitors must be turning 10 to 19 years old as at 31 December 2025.

- 10 years – born 2015
- 11 years – born 2014
- 12 years – born 2013
- 13 years – born 2012
- 14 years – born 2011
- 15 years – born 2010
- 16 years – born 2009
- 17 years – born 2008
- 18 years – born 2007
- 19 years – born 2006

COMPETITION PROCEDURES

- The regional track & field trials will be conducted in line with the World Athletics competition rules and the QRSS competition procedures with local variations.
- All queries, complaints or protests must be directed through the district team manager. Systems are in place at a school and district level to ensure that nominations are correct prior to the regional trial.
- Only competitors nominated by their district prior to the regional trial are eligible to compete.
- No nominations or substitutions are accepted on the day of the regional trial.

EVENTS

The regional track & field trials are conducted for the purpose of selecting a regional team to attend the Queensland Representative School Sport (QRSS) track & field state championships.

The QRSS state championship will be held in Townsville:

- 10-12 years from 13 to 15 October 2025
- 13-19 years from 16 to 19 October 2025

TRACK EVENTS

- All track events (except 1500m events), will use electronic timing and photo finish.
- Athletes in track events without lane restrictions (not having to stay in your lane) must wear a visible number on their right side. Numbers in these events will be given out to athletes during marshalling.
- District team managers must promptly inform the marshals and the recording tent of any event withdrawals.
- Athletes risk disqualification for various reasons, such as making a false start, jostling with other competitors on the track, or not staying in their designated lane during a race (when it is a requirement).
- False start rule:
 - For 10 to 15 years events, the first athlete to break will be warned. Any subsequent athlete who breaks may be disqualified.
 - For 16 to 19 years events, athletes may be disqualified on the first break.

FIELD EVENTS

- In all field events, the winner is the athlete who has the longest or highest performance in the event, irrespective of the round in which the performance occurred.
- All athletes will be permitted a minimum of three (3) attempts to place their best performance.
- Students may compete in the High Jump event until three successive failures have been recorded. Where time permits, the winner in each high jump event may be offered an opportunity to achieve a new record. Both scissor mats and flop mats will be used in the High Jump events.

FIELD EVENTS – HIGH / EXTREME RISK

- Athletes competing / nominating in the high-risk field events listed below need to complete the *QRSS Certificate of competence & consent / medical declaration form*:
 - High Jump (Fosbury Flop technique)
 - Discus
 - Javelin
 - Hammer Throw (paper nomination – event not conducted at the regional trial)
 - Pole Vault (paper nomination – event not conducted at the regional trial)
- Athletes must also wear the appropriate coloured wristband that they will be supplied each day to show that they are permitted to compete in these high-risk field events.

TRACK & FIELD EVENTS (occurring at the same time)

- Athletes competing in both a field event and track event that are happening at the same time must first check-in at their field event before marshalling for the track event.
- Athletes must remain at their field event until they are called to marshal for the track event by the announcer.

DISPUTES

- The Referee / Regional School Sport Officer have full control of the regional track and field trials.
- Protests should be brought to the attention of the Referee / Regional School Sport Officer within 15 minutes of the completion of the event concerned.
- Protests and concerns will only be accepted from district team managers.
- No discussion will be entered into with parents or coaches directly.
- The decision of the Referee / Regional School Sport Officer is final.

EXEMPTION APPLICATIONS

- Athletes who meet approved criteria can apply to be exempt from competing at the regional trial.
- To access the application form and more information please visit our regional [website](#).
- Students can only apply for an exemption through their district.
- Requests for exemptions must be forwarded by the district track & field convener to the regional sport office no later than 24 hours prior to the regional track & field trial.
- If an exemption has been approved, these will be announced prior to the start of each event.

10-12 YEARS SPECIFIC COMPETITION CONDITIONS

TRACK EVENTS

- 100m & 200m - Events will be conducted as a heats and finals format.
- The winner of each heat will automatically progress to the final. The final will then be filled by the next fastest athletes until the maximum number of lanes are filled for that event. Regional team selections will be based on the timed final.
- Starting blocks for 100m & 200m are optional, but if used, must be supplied by the athlete.
- All track events 400m and longer will be conducted as timed final events.

TETRATHLON (Combined Event)

- The Tetrathlon event consists of four events: 100m, 800m, Long Jump and Shot Put.
- A nominated Tetrathlon athlete must have qualified in at least one of these events at their district trial.
- Each district can nominate two (2) Tetrathlon event competitors per gender and age division.
- Tetrathlon competitors can also complete in 100m, 800m, Long Jump and Shot Put individual events.
- If you compete in an individual 100m, 800m, Long Jump or Shot Put event, your result will be used to score your Tetrathlon event as well. You will not have to take part in the Tetrathlon track or field event if you have achieved a result in the individual event.
- Any Tetrathlon event result cannot and will not be used as an individual event result.
- If you qualify in a Tetrathlon event, you cannot use this result to qualify in an individual 100m, 800m, Long Jump or Shot Put event. You must achieve a qualifying result in the individual 100m, 800m, Long Jump or Shot Put event.

FOOTWEAR

- Enclosed footwear is compulsory in Discus and Shot Put events.
- Spiked running shoes (up to 7mm) are allowed in all track events, High Jump and Long Jump events.
- Spiked shoes must only be worn just before and during the event. After the track event is finished, athletes must remain in their lane, remove their spiked running shoes and await instructions from the event officials.
- Spiked running shoes are not permitted in Discus or Shot Put events.
- If you do not have non-spiked footwear for track or jumping events, we suggest you tape your feet before competing (supply your own tape and apply it before your event is scheduled to be conducted).
- Suggested taping methods:

TAPING ATHLETES' FEET

The following two methods of taping have been found useful for young athletes who are required to run on the tartan track. **Elastoplast Adhesive Tape 7.5 cm width is used.** (Approx. 4 pairs of feet can be taped from one roll depending on foot size).

FOR SHORT SPRINTS

100m, 200m, Long Jump, High Jump (Running mainly on ball of foot)

1.



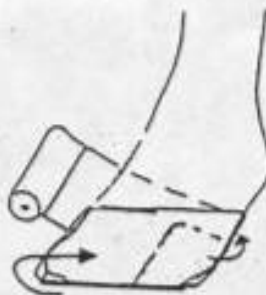
Cut two pieces twice the length of the toes plus 4cm for comfort. Tape under and across the medial aspect of the foot.

2.



Start leading edge at base of small toe and overlap on top approx 2cm. Follow underneath bringing the tape under then over the large toe.

3.



Take the tape over the front to the small toe following the line of the tips of the toes.

4.

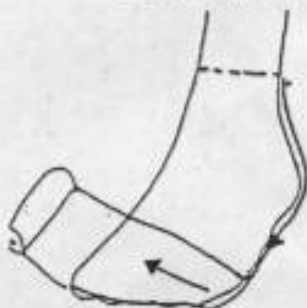


Bring the tape back under the foot behind the ball of the foot and finish on top.

FOR MEDIUM DISTANCE

800 metres (where a more flat foot run is required)

1.



Start above the back of the ankle at the achilles tendon area bringing the tape under the foot to the toes. Swing over the top of the toes from the small to the large toe back under the ball of the foot.

2.



Bring tape back over the top of the foot past the arch then under the heel. Bring up and around the ankle to secure.

13 – 19 YEARS SPECIFIC COMPETITION CONDITIONS

EVENTS NOT CONDUCTED AT THE REGIONAL TRACK AND FIELD TRIAL

- 200m Hurdles, 400m Hurdles, Race Walks, Hammer Throw, Pole Vault and Steeple Chase events WILL NOT be conducted at our regional track and field trial.
- Nominations for these events are to be submitted to school spot coordinators using the *Nomination form for unconducted events*. Paper nominations must be received at each district by their due date.
- Nominees for Hammer Throw and Pole Vault must provide a *QRSS Certificate of competence & consent / medical declaration form* signed by a qualified coach with a current level two / three advanced coach accreditation. The certificate must confirm that you are skilled in performing hammer throw or pole vault using techniques that are safe for yourself, other competitors and event officials.
- All nominated results for these events must equal or better, or be very close to, the QRSS state qualifying standard.

TRACK EVENTS

- All track events will be conducted as timed finals.
- Any athlete who records a QRSS state qualifying time in their event will be invited into the regional team.
- Some events may be conducted as multi-age events (eg 17, 18-19 years) but athletes will be placed and qualify according to QRSS state championship specific age divisions.

HURDLES

- Competing athletes must keep to their lane when jumping hurdles.
- Hurdlers may be disqualified if they trail their leg or foot alongside any hurdle or cross any hurdle not in their lane. You may also be disqualified if the event referee considers that you deliberately knock down a hurdle by hand or foot.

STARTING BLOCKS

- You do not have to use starting blocks at our regional track and field trial. However, the use of starting blocks in 100m, 200m, 400m and Hurdle events at the QRSS state track and field championship is compulsory.
- Please supply your own starting blocks for the regional trial.
- Starting blocks will be provided at the QRSS state track and field championship for competitors to use.

FOOTWEAR

- Enclosed footwear is compulsory for all events.
- Spiked running shoes (up to 7mm) are allowed in all track events, High Jump, Long Jump, Triple Jump and Javelin events.
- Spiked shoes must only be worn just before and during the event. After a track event is finished, athletes must remain in their lane, remove their spiked running shoes and await instructions from the event officials.

REGIONAL TRIAL EVENT SPECIFICATIONS

10-12 YEARS FIELD EVENT IMPLEMENT WEIGHTS & STARTING HEIGHTS

AGE GROUP	DISCUS	SHOT PUT	HIGH JUMP
			STARTING HEIGHTS
10yr Girls	500g	2kg	1.06m
10yr Boys	500g	2kg	1.09m
11yr Girls	750g	2kg	1.16m
11yr Boys	750g	2kg	1.20m
12yr Girls	750g	3kg	1.23m
12yr Boys	750g	3kg	1.28m

13 -19 YEARS HURDLES HEIGHTS & DISTANCES

AGE	TOTAL DIS-TANCE	No. of HURDLES	HURDLE HEIGHT	DISTANCE TO FIRST HURDLE	DISTANCE BETWEEN HURDLES	DISTANCE TO FIN-ISH
13yr Girls	80m	9	76.2cm	12.00m	7.00m	12.00m
14yr Girls	90m	9	76.2cm	13.00m	8.00m	13.00m
15yr Girls	90m	9	76.2cm	13.00m	8.00m	13.00m
13yr Boys	90m	9	76.2cm	13.00m	8.00m	13.00m
16yr Girls	100m	10	76.2cm	13.00m	8.50m	10.50m
17yr Girls	100m	10	76.2cm	13.00m	8.50m	10.50m
18-19yr Girls	100m	10	84cm	13.00m	8.50m	10.50m
14yr Boys	100m	10	84cm	13.00m	8.50m	10.50m
15yr Boys	100m	10	84cm	13.00m	8.50m	10.50m
16yr Boys	110m	10	91.4cm	13.72m	9.14m	14.02m
17yr Boys	110m	10	91.4cm	13.72m	9.14m	14.02m
18-19yr Boys	110m	10	99.1cm	13.72m	9.14m	14.02m

13-19 YEARS FIELD EVENT IMPLEMENT WEIGHTS & STARTING HEIGHTS

AGE GROUP	JAVELIN	DISCUS	SHOT PUT	HIGH JUMP STARTING HEIGHTS
13yr Girls	400g	1.0kg	3kg	1.31m
13yr Boys	600g	1.0kg	3kg	1.42m
14yr Girls	500g	1.0kg	3kg	1.34m
14yr Boys	700g	1.0kg	4kg	1.52m
15yr Girls	500g	1.0kg	3kg	1.34m
15yr Boys	700g	1.0kg	4kg	1.58m
16yr Girls	500g	1.0kg	3kg	1.34m
16yr Boys	700g	1.5kg	5kg	1.64m
17yr Girls	500g	1.0kg	3kg	1.34m
17yr Boys	700g	1.5kg	5kg	1.66m
18-19yr Girls	600g	1.0kg	4kg	1.34m
18-19yr Boys	800g	1.75kg	6kg	1.66m

Note: High Jump - Bar lifts will be 8cm, 5cm, 3cm (after that - at the discretion of the officials).

The starting height has been set exactly 16cm below state qualifying which means if athletes clear the third height, they will have jumped the state qualifying height exactly.

REGIONAL SELECTION CRITERIA FOR STATE CHAMPIONSHIP

10-19 YEARS SELECTION CRITERIA

- Athletes who meet the QRSS state qualifying standard in their event will be invited into the regional team.
- Each region can nominate up to TWO automatic competitors for each event with the following exceptions:
 - *High Jump* - athletes must meet the QRSS qualifying standard.
 - *10-12 years 100m* - each region can nominate four (4) automatic entries per age group.
 - *10-12 years Combined Event (Tetrathlon)* - each region can nominate two (2) entries per age group.
- An athlete may nominate in a maximum of five (5) individual events (excluding relays).
- The Tetrathlon event is counted as four of the maximum five events an athlete can be nominated in.

MULTI-CLASS SELECTION CRITERIA

- Multi-class athletes must be classified by a national disability sporting organisation, such as Athletics Australia or Sport Inclusion Australia.
- Athletes who meet the QRSS state qualifying standard in their event will be invited into the regional team.
- Each region can nominate up to TWO automatic competitors for each event. Regions should ensure that athletes selected under this rule have attained a standard close to the QRSS state qualifying time.
- An athlete may nominate in a maximum of five (5) individual events (excluding relays).

13-19 YEARS EVENTS NOT CONDUCTED AT THE REGIONAL TRIAL

- 200m Hurdles, 400m Hurdles, Race Walks, Hammer Throw, Pole Vault and Steeple Chase events WILL NOT be conducted at our regional trial.
- Nominations for these events are to be submitted to school spot coordinators using the *Nomination form for unconducted events*. Paper nominations must be received at each district by their due date.
- Paper nominations for Hammer Throw and Pole Vault must also provide a *QRSS Certificate of competence & consent / medical declaration form* signed by a qualified coach with a current level two / three advanced coach accreditation.
- All nominated results for these events must equal or better, or be very close to, the QRSS state qualifying standard.
- Each region is able to nominate two automatic nominations/event and unlimited nominations for all athletes who meet the state qualifying standard.

REGIONAL TEAM SELECTION AND PAYMENT PROCESS

▪ Step 1 – Regional selection

- Event results will be displayed on the 'Results wall' near the grandstand. Please note athletes' names will only be published if the *QRSS Consent Form* has been returned by the due date. Otherwise, all other competitors will be identified by their specific individual school code.
- The top 3 finishers will receive a place ribbon.
- Invited athletes will receive a regional team invitation letter.
 - **You must register via the QR code on the invitation letter**
 - **You must download the full *Team Invitation* and *Regional team permission booklet* from our website.**
- Invited multi-class athletes must be classified by a national disability sporting organisation, such as Sport Inclusion Australia or Athletics Australia.
- Invited multi-class athletes must be listed on the National Master list or provide a copy of their current classification card to the regional school sport office prior to attending the state championship.


▪ Step 2 – Regional uniforms

- Regional uniform items are available from School Locker - Maroochydore.
- Parents must order through the School Locker online shop or purchase in store.

▪ Step 3 – Payment of team levy

- Payment of the regional team levy must be made through our regional online shop.
- Payment must be made using a VISA or MASTERCARD credit/debit card.

To access our regional online shop:

- Click the 'Regional online shop' tab on our regional website home page <https://sunshines-port.eq.edu.au>
- Click  **Pay now**
Levies and apparel
- Click '*State Championships*' and follow the prompts
Click '*Login*' if an existing user OR click '*Register now*' if a first time user
When prompted, enter the sport code listed in the *Regional Team Invitation*.

TRACK EVENTS – DAY 1: WEDNESDAY 27 AUGUST 2025

Sprint Hurdles				
9.00am	Event 1	13 Years 80m Hurdles	Girls	Final
	Event 2	14 Years 90m Hurdles	Girls	Final
	Event 3	15 Years 90m Hurdles	Girls	Final
	Event 4	13 Years 90m Hurdles	Boys	Final
	Event 5	16 Years 100m Hurdles	Girls	Final
	Event 6	17 Year 100m Hurdles	Girls	Final
	Event 7	18 – 19 Years 100m Hurdles	Girls	Final
	Event 8	14 Years 100m Hurdles	Boys	Final
	Event 9	15 Years 100m Hurdles	Boys	Final
	Event 10	16 Years 110m Hurdles	Boys	Final
	Event 11	17 Years 110m Hurdles	Boys	Final
	Event 12	18 – 19 Years 110m Hurdles	Boys	Final
100 Metres				
10.15am	Event 13 H / 300	10 Years 100m (heats) + 10-12 Years Multiclass 100m (final)	Boys	Heats
	Event 14 H / 301	10 Years 100m (heats) + 10-12 Years Multiclass 100m (final)	Girls	Heats
	Event 15 H	11 Years 100m	Boys	Heats
	Event 16 H	11 Years 100m	Girls	Heats
	Event 17 H	12 Years 100m	Boys	Heats
	Event 18 H	12 Years 100m	Girls	Heats
1500 Metres				
10:45am	Event 19	18 – 19 Years 1500m	Boys	Final
	Event 20	18 – 19 Years 1500m	Girls	Final
	Event 21	17 Years 1500m	Boys	Final
	Event 22	17 Years 1500m	Girls	Final
	Event 23	16 Years 1500m	Boys	Final
	Event 24	16 Years 1500m	Girls	Final
	Event 25	15 Years 1500m	Boys	Final
	Event 26	15 Years 1500m	Girls	Final
	Event 27	14 Years 1500m	Boys	Final
	Event 28	14 Years 1500m	Girls	Final
	Event 29 / 322	13 Years 1500m + 13-19 Years Multiclass 1500m	Boys	Final
	Event 30 / 323	13 Years 1500m + 13-19 Years Multiclass 1500m	Girls	Final
	Event 31	12 Years 1500m	Boys	Final
	Event 32	12 Years 1500m	Girls	Final
	Event 33	11 Years 1500m	Boys	Final
	Event 34	11 Years 1500m	Girls	Final
	Event 35	10 Years 1500m	Boys	Final
	Event 36	10 Years 1500m	Girls	Final
100 Metres				
12.55pm	Event 37/39/41	10, 11 & 12 Years Tetrathlon 100m	Boys	Final
	Event 38/40/42	10, 11 & 12 Years Tetrathlon 100m	Girls	Final
	Event 13 F	10 Years 100m	Boys	Final
	Event 14 F	10 Years 100m	Girls	Final
	Event 15 F	11 Years 100m	Boys	Final
	Event 16 F	11 Years 100m	Girls	Final
	Event 17 F	12 Years 100m	Boys	Final
	Event 18 F	12 Years 100m	Girls	Final
	Event 43 / 304	13 Years 100m + 13-19 Years Multiclass 100m	Boys	Final
	Event 44 / 305	13 Years 100m + 13-19 Years Multiclass 100m	Girls	Final
	Event 45	14 Years 100m	Boys	Final
	Event 46	14 Years 100m	Girls	Final
	Event 47	15 Years 100m	Boys	Final
	Event 48	15 Years 100m	Girls	Final
	Event 49	16 Years 100m	Boys	Final
	Event 50	16 Years 100m	Girls	Final
	Event 51	17 Years 100m	Boys	Final
	Event 52	17 Years 100m	Girls	Final
	Event 53	18 – 19 Years 100m	Boys	Final
	Event 54	18 – 19 Years 100m	Girls	Final
400 Metres				
2:10pm	Event 55 / 302	13 Years 400m + 13-19 Years Multiclass 400m	Boys	Final
	Event 56 / 303	13 Years 400m + 13-19 Years Multiclass 400m	Girls	Final
	Event 57	14 Years 400m	Boys	Final
	Event 58	14 Years 400m	Girls	Final
	Event 59	15 Years 400m	Boys	Final
	Event 60	15 Years 400m	Girls	Final
	Event 61	16 Years 400m	Boys	Final
	Event 62	16 Years 400m	Girls	Final
	Event 63	17 Years 400m	Boys	Final
	Event 64	17 Years 400m	Girls	Final
	Event 65	18 – 19 Years 400m	Boys	Final
	Event 66	18 – 19 Years 400m	Girls	Final

FIELD EVENTS – DAY1: WEDNESDAY 27 AUGUST 2025

8.30am	Event 67 / 41	12 Years Shot Put / Tetrathlon	Boys	Pit 1
	Event 68 / 42	12 Years Shot Put / Tetrathlon	Girls	Pit 2
	Event 69 / 306	10 Years Discus + 10-12 Years Multiclass Discus	Boys	Pit 1
	Event 70	10 Years High Jump	Girls	Pit 2
	Event 71 / 308	13 Years Javelin + 13-19 Years Multiclass Javelin	Boys	Pit 1
	Event 72 / 309	13 Years Javelin + 13-19 Years Multiclass Javelin	Girls	Pit 2
	Event 73	15 Years Triple Jump	Boys	Pit 1
	Event 74	15 Years Triple Jump	Girls	Pit 2
9.15am	Event 75 / 311 / 38	10 Years Shot Put/Tetrathlon + 10-12 Years Multiclass Shot Put	Girls	Pit 2
	Event 76	11 Years Discus	Boys	Pit 1
	Event 77	11 Years High Jump	Girls	Pit 2
	Event 78	14 Years Javelin	Boys	Pit 1
	Event 79	14 Years Javelin	Girls	Pit 2
	Event 80	16 Years Triple Jump	Boys	Pit 1
	Event 81	16 Years Triple Jump	Girls	Pit 2
10.00am	Event 82 / 310 / 37	10 Years Shot Put/Tetrathlon + 10-12 Years Multiclass Shot Put	Boys	Pit 1
	Event 83	12 Years Discus	Boys	Pit 1
	Event 84	12 Years High Jump	Girls	Pit 2
	Event 85	15 Years Javelin	Boys	Pit 1
	Event 86	15 Years Javelin	Girls	Pit 2
	Event 87 / 88	17 & 18 – 19 Years Triple Jump	Boys	Pit 1
	Event 89 / 90	17 & 18 – 19 Years Triple Jump	Girls	Pit 2
10.45am	Event 91	14 Years Shot Put	Boys	Pit 1
	Event 92	14 Years Shot Put	Girls	Pit 2
	Event 93 / 307	10 Years Discus + 10-12 Years Multiclass Discus	Girls	Pit 1
	Event 94	12 Years High Jump	Boys	Pit 2
	Event 95	16 Years Javelin	Boys	Pit 1
	Event 96	16 Years Javelin	Girls	Pit 2
	Event 97	13 Years Triple Jump	Boys	Pit 1
	Event 98	13 Years Triple Jump	Girls	Pit 2
11.30am	Event 99	15 Years Shot Put	Boys	Pit 1
	Event 100	15 Years Shot Put	Girls	Pit 2
	Event 101	11 Years Discus	Girls	Pit 1
	Event 102 / 103	17, 18 - 19 Years Javelin	Boys	Pit 1
	Event 104 / 105	17, 18 - 19 Years Javelin	Girls	Pit 2
12.15pm	Event 106	16 Years Shot Put	Boys	Pit 1
	Event 107	16 Years Shot Put	Girls	Pit 2
	Event 108	12 Years Discus	Girls	Pit 1
	Event 109	14 Years Triple Jump	Boys	Pit 1
	Event 110	14 Years Triple Jump	Girls	Pit 2
1.00pm	Event 111 / 112	17 & 18 – 19 Years Shot Put	Boys	Pit 1
	Event 113 / 114	17 & 18 – 19 Years Shot Put	Girls	Pit 2
	Event 115 / 312	13 Years Discus + 13-19 Years Multiclass Discus	Boys	Pit 1
	Event 116	11 Years High Jump	Boys	Pit 2
1.45pm	Event 117 / 39	11 Years Shot Put / Tetrathlon	Boys	Pit 1
	Event 118/ 40	11 Years Shot Put / Tetrathlon	Girls	Pit 2
	Event 119 / 313	13 Years Discus + 13-19 Years Multiclass Discus	Girls	Pit 1
	Event 120	10 Years High Jump	Boys	Pit 2

TRACK EVENTS – DAY 2: THURSDAY 28 AUGUST 2025

200 Metres				
8.45am	Event 121 H	12 Years 200m	Boys	Heats
	Event 122 H	12 Years 200m	Girls	Heats
	Event 123 H	11 Years 200m	Boys	Heats
	Event 124 H	11 Years 200m	Girls	Heats
	Event 125H / 314	10 Years 200m (heats) + 10-12 Years Multiclass 200m (final)	Boys	Heats
	Event 126 H / 315	10 Years 200m (heats) + 10-12 Years Multiclass 200m (final)	Girls	Heats
800 Metres				
9.30am	Event 127	18 – 19 Years 800m	Boys	Final
	Event 128	18 – 19 Years 800m	Girls	Final
	Event 129	17 Years 800m	Boys	Final
	Event 130	17 Years 800m	Girls	Final
	Event 131	16 Years 800m	Boys	Final
	Event 132	16 Years 800m	Girls	Final
	Event 133	15 Years 800m	Boys	Final
	Event 134	15 Years 800m	Girls	Final
	Event 135	14 Years 800n	Boys	Final
	Event 136	14 Years 800m	Girls	Final
	Event 137 / 316	13 Years 800m + 13-19 Years Multiclass 800m	Boys	Final
	Event 138 / 317	13 Years 800m + 13-19 Years Multiclass 800m	Girls	Final
	Event 139	12 Years 800m	Boys	Final
	Event 140	12 Years 800m	Girls	Final
	Event 141	11 Years 800m	Boys	Final
	Event 142	11 Years 800m	Girls	Final
	Event 143 / 318	10 Years 800m + 10-12 Years Multiclass 800m	Boys	Final
	Event 144 / 319	10 Years 800m + 10-12 Years Multiclass 800m	Girls	Final
	Event 37 / 39 / 41	10, 11 & 12 Years Tetrathlon 800m	Boys	Final
	Event 38 / 40 / 42	10, 11 & 12 Years Tetrathlon 800m	Girls	Final
200 Metres				
11.45am	Event 145	18 – 19 Years 200m	Boys	Final
	Event 146	18 – 19 Years 200m	Girls	Final
	Event 147	17 Years 200m	Boys	Final
	Event 148	17 Years 200m	Girls	Final
	Event 149	16 Years 200m	Boys	Final
	Event 150	16 Years 200m	Girls	Final
	Event 151	15 Years 200m	Boys	Final
	Event 152	15 Years 200m	Girls	Final
	Event 153	14 Years 200m	Boys	Final
	Event 154	14 Years 200m	Girls	Final
	Event 155 / 320	13 Years 200m + 13-19 Years Multiclass 200m	Boys	Final
	Event 156 / 321	13 Years 200m + 13-19 Years Multiclass 200m	Girls	Final
	Event 121 F	12 Years 200m	Boys	Final
	Event 122 F	12 Years 200m	Girls	Final
	Event 123 F	11 Years 200m	Boys	Final
	Event 124 F	11 Years 200m	Girls	Final
	Event 125 F	10 Years 200m	Boys	Final
	Event 126 F	10 Years 200m	Girls	Final
3000m / 5000m				
1.30pm	Event 157	14 – 15 Years 3000m	Boys	Final
	Event 158	14 – 15 Years 3000m	Girls	Final
	Event 159	16 – 17 Years 3000m	Boys	Final
	Event 160	16 – 17 Years 3000m	Girls	Final
	Event 161	18 – 19 Years 5000m	Boys	Final
	Event 162	18 – 19 Years 5000m	Girls	Final

FIELD EVENTS – DAY 2: THURSDAY 28 AUGUST 2025

8.30am	Event 163 / 324	13 Years Long Jump + 13-19 Years Multiclass Long Jump	Boys	Pit 1
	Event 164 / 325	13 Years Long Jump + 13-19 Years Multiclass Long Jump	Girls	Pit 2
	Event 165	14 Years Discus	Boys	Pit 1
	Event 166	15 Years High Jump COMBINED	Boys	Pit 1
	Event 167	15 Years High Jump COMBINED	Girls	Pit 1
9.15am	Event 168 / 169	17 & 18 – 19 Years Long Jump	Boys	Pit 1
	Event 170 / 171	17 & 18 – 19 Years Long Jump	Girls	Pit 2
	Event 172	14 Years Discus	Girls	Pit 1
	Event 173	16 Years High Jump COMBINED	Boys	Pit 1
	Event 174	16 Years High Jump COMBINED	Girls	Pit 1
10.00am	Event 175 / 326 / 37	10 Years Long Jump/Tetrathlon + 10-12 Years Multiclass Long Jump	Boys	Pit 1
	Event 176 / 327 / 38	10 Years Long Jump/Tetrathlon + 10-12 Years Multiclass Long Jump	Girls	Pit 2
	Event 177	15 Years Discus	Boys	Pit 1
	Event 178 / 179	17 & 18 – 19 Years High Jump COMBINED	Boys	Pit 1
	Event 180 / 181	17 & 18 – 19 Years High Jump COMBINED	Girls	Pit 1
10.45am	Event 182	14 Years Long Jump	Boys	Pit 1
	Event 183	14 Years Long Jump	Girls	Pit 2
	Event 184	15 Years Discus	Girls	Pit 1
11.30am	Event 185 / 39	11 Years Long Jump / Tetrathlon	Boys	Pit 1
	Event 186 / 40	11 Years Long Jump / Tetrathlon	Girls	Pit 2
	Event 187	16 Years Discus	Boys	Pit 1
	Event 188	13 Years High Jump COMBINED	Boys	Pit 1
	Event 189	13 Years High Jump COMBINED	Girls	Pit 1
12.15pm	Event 190 / 328	13 Years Shot Put + 13-19 Years Multiclass Shot Put	Boys	Pit 1
	Event 191 / 41	12 Years Long Jump / Tetrathlon	Boys	Pit 1
	Event 192 / 42	12 Years Long Jump / Tetrathlon	Girls	Pit 2
	Event 193	16 Years Discus	Girls	Pit 1
	Event 194	14 Years High Jump COMBINED	Boys	Pit 1
	Event 195	14 Years High Jump COMBINED	Girls	Pit 1
1.00pm	Event 196 / 329	13 Years Shot Put + 13-19 Years Multiclass Shot Put	Girls	Pit 1
	Event 197	15 Years Long Jump	Boys	Pit 1
	Event 198	15 Years Long Jump	Girls	Pit 2
	Event 199 / 200	17 & 18-19 Years Discus	Boys	Pit 1
1.45pm	Event 201	16 Years Long Jump	Boys	Pit 1
	Event 202	16 Years Long Jump	Girls	Pit 2
	Event 203 / 204	17 & 18-19 Years Discus	Girls	Pit 1

10-19 YEARS QRSS EVENT STARTING HEIGHTS

10-19 YEARS QRSS JUMP EVENTS STARTING HEIGHTS – **MALE**

	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18-19 years
High Jump	1.10m	1.23m	1.28m	1.48m	1.58m	1.64m	1.70m	1.72m	1.72m
Pole Vault				2.00m	2.00m	2.00m	2.00m	2.00m	2.00m

10-19 YEARS QRSS JUMP EVENTS STARTING HEIGHTS – **FEMALE**

	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18-19 years
High Jump	1.08m	1.18m	1.28m	1.37m	1.40m	1.40m	1.40m	1.40m	1.40m
Pole Vault				2.00m	2.00m	2.00m	2.00m	2.00m	2.00m



10-12 YEARS QRSS QUALIFYING STANDARDS

10-12 YEARS **MALE** QUALIFYING STANDARDS 2025

(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	2:35.00	2:30.00	2:23.00
1500m	5:15.00	4:59.00	4:51.00
Long Jump	3.96m	4.22m	4.71m
High Jump	1.25m	1.36m	1.44m
Shot Put	8.95m 2kg	10.83m 2kg	10.37m 3kg
Discus	28.25 500g	28.44m 750g	32.61m 750g

10-12 YEARS **FEMALE** QUALIFYING STANDARDS 2025

(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	2:43.00	2:39.00	2:31.00
1500m	5:37.00	5:25.00	5:10.00
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.

10-12 YEARS QRSS MULTI-CLASS QUALIFYING STANDARDS - MALE

	100 M			200M		
	10 YEARS	11 YEARS	12 YEARS	10 YEARS	11 YEARS	12 YEARS
T01	00:25.53	00:22.97	00:20.42	00:52.87	00:47.59	00:42.30
T11	00:27.30	00:24.57	00:21.84	00:56.03	00:50.42	00:44.82
T12	00:26.12	00:23.51	00:20.90	00:53.88	00:48.49	00:43.10
T13	00:26.15	00:23.54	00:20.92	00:52.63	00:47.36	00:42.10
T20	00:26.65	00:23.99	00:21.32	00:53.62	00:48.26	00:42.90
T21	00:32.00	00:28.80	00:25.60	01:08.75	01:01.88	00:55.00
T23	00:26.65	00:23.99	00:21.32	00:53.62	00:48.26	00:42.90
T32	00:55.22	00:49.70	00:44.18	01:57.02	01:45.32	01:33.62
T33	00:41.15	00:37.04	00:32.92	01:12.50	01:05.25	00:58.00
T34	00:36.15	00:32.53	00:28.92	01:04.78	00:58.30	00:51.82
T35	00:29.42	00:26.48	00:23.54	00:57.60	00:51.84	00:46.08
T36	00:29.30	00:26.37	00:23.44	00:58.80	00:52.92	00:47.04
T37	00:27.63	00:24.86	00:22.10	00:56.48	00:50.83	00:45.18
T38	00:26.85	00:24.16	00:21.48	00:54.55	00:49.10	00:43.64
T40	00:37.37	00:33.64	00:29.90	01:21.00	01:12.90	01:04.80
T41	00:33.13	00:29.81	00:26.50	01:08.00	01:01.20	00:54.40
T42	00:31.05	00:27.94	00:24.84	01:02.85	00:56.57	00:50.28
T43	00:29.28	00:26.35	00:23.42	01:00.12	00:54.11	00:48.10
T44	00:27.50	00:24.75	00:22.00	00:57.40	00:51.66	00:45.92
T45	00:27.35	00:24.61	00:21.88	00:54.78	00:49.30	00:43.82
T46	00:26.05	00:23.44	00:20.84	00:52.93	00:47.63	00:42.34
T47	00:26.05	00:23.44	00:20.84	00:52.93	00:47.63	00:42.34
T51	00:48.90	00:44.01	00:39.12	01:31.55	01:22.39	01:13.24
T52	00:41.03	00:36.92	00:32.82	01:14.70	01:07.23	00:59.76
T53	00:35.25	00:31.72	00:28.20	01:02.60	00:56.34	00:50.08
T54	00:34.07	00:30.67	00:27.26	01:00.45	00:54.40	00:48.36
T60	00:27.75	00:24.98	00:22.20	00:56.13	00:50.51	00:44.90
T61	00:30.62	00:27.56	00:24.50	00:57.35	00:51.62	00:45.88
T62	00:26.35	00:23.71	00:21.08	00:51.73	00:46.55	00:41.38
T63	00:29.87	00:26.89	00:23.90	01:04.52	00:58.07	00:51.62
T64	00:26.52	00:23.87	00:21.22	00:53.18	00:47.86	00:42.54
T71	00:57.03	00:51.32	00:45.62			
T72	00:37.30	00:33.57	00:29.84			

	800M			Long Jump		
	10 YEARS	11 YEARS	12 YEARS	10 YEARS	11 YEARS	12 YEARS
T01	04:34.25	04:06.83	03:39.40	1.99	2.18	2.38
T11	04:56.17	04:26.56	03:56.94	1.68	1.85	2.02
T12	04:35.05	04:07.55	03:40.04	1.87	2.05	2.24
T13	04:36.75	04:09.07	03:41.40	1.92	2.11	2.30
T20	04:34.77	04:07.30	03:39.82	1.91	2.10	2.29
T21				1.21	1.33	1.45
II3	04:34.77	04:07.30	03:39.82	1.91	2.10	2.29
T32						
T33	04:41.30	04:13.17	03:45.04			
T34	04:04.60	03:40.14	03:15.68			
T35	06:03.88	05:27.49	04:51.10	1.52	1.67	1.82
T36	05:05.98	04:35.38	04:04.78	1.51	1.66	1.82
T37	04:52.92	04:23.63	03:54.34	1.69	1.86	2.03
T38	04:49.38	04:20.44	03:51.50	1.83	2.01	2.19
T40						
T41						
T42	07:10.15	06:27.14	05:44.12	1.42	1.56	1.70
T43	06:08.40	05:31.56	04:54.72	1.60	1.76	1.92
T44	05:06.63	04:35.96	04:05.30	1.77	1.94	2.12
T45	04:58.25	04:28.43	03:58.60	1.60	1.76	1.92
T46	04:39.55	04:11.60	03:43.64	1.90	2.08	2.27
T47				1.90	2.08	2.27
T51	06:17.45	05:39.70	05:01.96			
T52	04:38.93	04:11.03	03:43.14			
T53	03:49.22	03:26.30	03:03.38			
T54	03:44.15	03:21.74	02:59.32			
T60	05:05.57	04:35.02	04:04.46	1.74	1.91	2.09
T61	04:22.47	03:56.23	03:29.98	1.62	1.78	1.94
T62	04:49.63	04:20.66	03:51.70	1.75	1.93	2.10
T63	07:10.15	06:27.14	05:44.12	1.81	1.99	2.17
T64	05:43.05	05:08.74	04:34.44	2.12	2.33	2.54
T71						
T72						

	Shot Put			Discus		
	10 YEARS	11 YEARS	12 YEARS	10 YEARS	11 YEARS	12 YEARS
F01	4.35	4.79	5.22	15.54	17.09	18.65
F11	3.82	4.20	4.58	11.53	12.68	13.83
F12	4.26	4.68	5.11	13.13	14.44	15.75
F13	4.12	4.53	4.94	13.40	14.74	16.08
F20	4.32	4.75	5.19	11.46	12.61	13.76
F21	3.20	3.52	3.84	9.88	10.86	11.85
II3	4.32	4.75	5.19	11.46	12.61	13.76
F31						
F32	3.01	3.31	3.62	6.96	7.65	8.35
F33	3.09	3.40	3.71	7.79	8.56	9.34
F34	3.04	3.35	3.65	10.82	11.90	12.99
F35	4.33	4.76	5.20	13.53	14.89	16.24
F36	4.08	4.49	4.90	10.85	11.93	13.01
F37	4.38	4.82	5.26	14.94	16.43	17.93
F38	3.99	4.39	4.79	13.23	14.55	15.87
F40	2.75	3.03	3.30	7.05	7.75	8.46
F41	3.58	3.94	4.29	11.09	12.20	13.31
F42	4.38	4.82	5.26	13.54	14.89	16.24
F43	5.11	5.62	6.13	15.93	17.52	19.11
F44	3.93	4.33	4.72	16.07	17.67	19.28
F45	2.86	3.15	3.44	7.05	7.76	8.46
F46	4.20	4.62	5.04	13.16	14.48	15.79
F47						
F51				3.29	3.62	3.95
F52	2.94	3.23	3.52	5.95	6.55	7.14
F53	2.21	2.43	2.65	6.66	7.32	7.99
F54	2.85	3.14	3.42	8.42	9.26	10.10
F55	3.12	3.43	3.74	9.96	10.96	11.95
F56	3.37	3.71	4.05	11.67	12.84	14.00
F57	3.82	4.20	4.58	12.14	13.35	14.57
F60	3.14	3.45	3.76	9.62	10.58	11.54
F61	2.19	2.40	2.62	6.84	7.52	8.21
F62	2.19	2.40	2.62	6.84	7.52	8.21
F63	3.78	4.15	4.53	11.73	12.90	14.07
F64	4.60	5.05	5.51	16.47	18.11	19.76

10-12 YEARS QRSS MULTI-CLASS QUALIFYING STANDARDS - FEMALE

	100 M			200M		
	10 YEARS	11 YEARS	12 YEARS	10 YEARS	11 YEARS	12 YEARS
T01	00:29.28	00:26.35	00:23.42	01:01.08	00:54.97	00:48.86
T11	00:29.62	00:26.66	00:23.70	01:00.98	00:54.88	00:48.78
T12	00:28.50	00:25.65	00:22.80	00:57.58	00:51.82	00:46.06
T13	00:29.47	00:26.53	00:23.58	01:00.60	00:54.54	00:48.48
T20	00:29.78	00:26.80	00:23.82	01:02.53	00:56.27	00:50.02
T21	00:38.22	00:34.40	00:30.58	01:20.43	01:12.38	01:04.34
T3	00:29.78	00:26.80	00:23.82	01:02.53	00:56.27	00:50.02
T32	01:01.93	00:55.73	00:49.54	01:50.83	01:39.74	01:28.66
T33	00:49.73	00:44.75	00:39.78	01:27.60	01:18.84	01:10.08
T34	00:41.93	00:37.73	00:33.54	01:12.25	01:05.03	00:57.80
T35	00:33.58	00:30.22	00:26.86	01:10.55	01:03.50	00:56.44
T36	00:34.20	00:30.78	00:27.36	01:10.53	01:03.47	00:56.42
T37	00:32.75	00:29.47	00:26.20	01:07.77	01:01.00	00:54.22
T38	00:30.95	00:27.85	00:24.76	01:04.80	00:58.32	00:51.84
T40	00:45.25	00:40.72	00:36.20	01:38.75	01:28.87	01:19.00
T41	00:41.25	00:37.13	00:33.00	01:33.50	01:24.15	01:14.80
T42	00:36.80	00:33.12	00:29.44	01:14.68	01:07.21	00:59.74
T43	00:34.30	00:30.87	00:27.44	01:10.03	01:03.02	00:56.02
T44	00:31.80	00:28.62	00:25.44	01:05.37	00:58.84	00:52.30
T45	00:35.00	00:31.50	00:28.00	01:11.45	01:04.31	00:57.16
T46	00:29.73	00:26.75	00:23.78	01:01.12	00:55.01	00:48.90
T47	00:29.73	00:26.75	00:23.78	01:01.12	00:55.01	00:48.90
T51	01:01.73	00:55.55	00:49.38	01:50.43	01:39.38	01:28.34
T52	00:46.68	00:42.01	00:37.34	01:22.97	01:14.68	01:06.38
T53	00:40.48	00:36.43	00:32.38	01:11.53	01:04.37	00:57.22
T54	00:38.37	00:34.54	00:30.70	01:08.80	01:01.92	00:55.04
T60	00:30.58	00:27.52	00:24.46	01:02.42	00:56.18	00:49.94
T61	00:37.37	00:33.64	00:29.90	01:34.95	01:25.45	01:15.96
T62	00:31.60	00:28.44	00:25.28	01:06.20	00:59.58	00:52.96
T63	00:36.47	00:32.83	00:29.18	01:14.68	01:07.21	00:59.74
T64	00:31.65	00:28.48	00:25.32	01:05.30	00:58.77	00:52.24
T71	00:51.45	00:46.31	00:41.16			
T72	00:42.68	00:38.41	00:34.14			

	800M			Long Jump		
	10 YEARS	11 YEARS	12 YEARS	10 YEARS	11 YEARS	12 YEARS
T01	05:18.75	04:46.88	04:15.00	1.56	1.72	1.87
T11	05:44.15	05:09.73	04:35.32	1.37	1.50	1.64
T12	05:12.40	04:41.16	04:09.92	1.65	1.82	1.98
T13	05:07.95	04:37.16	04:06.36	1.47	1.62	1.76
T20	05:19.35	04:47.41	04:15.48	1.55	1.71	1.86
T21				0.89	0.98	1.07
II3	05:19.35	04:47.41	04:15.48	1.55	1.71	1.86
T32						
T33	05:57.13	05:21.41	04:45.70			
T34	04:32.18	04:04.96	03:37.74			
T35	08:03.68	07:15.31	06:26.94	0.81	0.89	0.98
T36	06:49.13	06:08.21	05:27.30	1.03	1.13	1.23
T37	06:44.27	06:03.85	05:23.42	1.36	1.50	1.64
T38	06:10.10	05:33.09	04:56.08	1.46	1.60	1.75
T40						
T41						
T42	07:42.50	06:56.25	06:10.00	1.03	1.14	1.24
T43	06:47.50	06:06.75	05:26.00	1.11	1.22	1.34
T44	05:55.70	05:20.13	04:44.56	1.25	1.37	1.49
T45	05:31.05	04:57.95	04:24.84	1.07	1.18	1.29
T46	05:31.05	04:57.95	04:24.84	1.62	1.78	1.94
T47				1.62	1.78	1.94
T51	08:09.10	07:20.19	06:31.28			
T52	05:16.90	04:45.21	04:13.52			
T53	04:23.83	03:57.44	03:31.06			
T54	04:13.68	03:48.31	03:22.94			
T60	06:10.05	05:33.04	04:56.04	1.24	1.36	1.49
T61	06:47.50	06:06.75	05:26.00	1.39	1.53	1.67
T62	07:24.52	06:40.07	05:55.62	1.54	1.69	1.84
T63	07:42.50	06:56.25	06:10.00	1.27	1.39	1.52
T64	05:55.70	05:20.13	04:44.56	1.54	1.69	1.84
T71						
T72						

	Shot Put			Discus		
	10 YEARS	11 YEARS	12 YEARS	10 YEARS	11 YEARS	12 YEARS
F01	3.83	4.22	4.60	14.64	16.10	17.56
F11	4.33	4.76	5.20	10.11	11.12	12.13
F12	3.76	4.14	4.52	11.85	13.04	14.22
F13	3.26	3.59	3.92	11.17	12.28	13.40
F20	3.53	3.88	4.23	10.91	12.00	13.09
F21	1.88	2.06	2.25	4.52	4.97	5.43
II3	3.53	3.88	4.23	10.91	12.00	13.09
F31						
F32	1.76	1.94	2.11	3.49	3.84	4.19
F33	1.95	2.15	2.34	5.66	6.22	6.79
F34	2.21	2.43	2.65	5.73	6.30	6.87
F35	3.48	3.83	4.17	7.98	8.78	9.58
F36	2.95	3.24	3.54	7.00	7.70	8.40
F37	3.88	4.26	4.65	9.57	10.53	11.49
F38	3.15	3.46	3.77	9.46	10.40	11.35
F40	2.34	2.57	2.81	6.33	6.96	7.59
F41	2.61	2.87	3.13	8.88	9.77	10.66
F42	2.91	3.20	3.49	9.14	10.05	10.97
F43	2.71	2.98	3.26	6.73	7.40	8.07
F44	3.29	3.61	3.94	11.13	12.25	13.36
F45	2.19	2.40	2.62	5.02	5.52	6.03
F46	3.33	3.66	4.00	10.53	11.58	12.64
F47						
F51				3.72	4.09	4.46
F52	2.19	2.41	2.63	4.35	4.79	5.22
F53	1.47	1.62	1.76	4.07	4.47	4.88
F54	2.05	2.25	2.46	4.99	5.49	5.99
F55	2.27	2.49	2.72	6.95	7.65	8.34
F56	2.49	2.74	2.99	6.57	7.23	7.88
F57	2.79	3.07	3.35	8.94	9.83	10.73
F60	2.77	3.05	3.33	7.96	8.76	9.56
F61	2.52	2.77	3.02	8.30	9.13	9.96
F62	2.65	2.92	3.18	8.85	9.74	10.62
F63	2.52	2.77	3.02	8.30	9.13	9.96
F64	2.79	3.07	3.35	9.40	10.34	11.28

13-19 YEARS QRSS QUALIFYING STANDARDS - MALE

13-19 YEARS **MALE** QUALIFYING STANDARDS – **TRACK EVENTS 2025**

(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	12.20 (12.44)	11.80 (12.04)	11.50 (11.74)	11.40 (11.64)	11.40 (11.64)	11.40 (11.64)
200 metres	25.40 (25.64)	24.20 (24.44)	23.70 (23.94)	23.50 (23.74)	23.10 (23.34)	23.10 (23.34)
400 metres	59.00 (59.14)	56.10 (56.24)	54.50 (54.64)	53.30 (53.44)	52.70 (52.84)	52.70 (52.84)
800 metres	2:19.0	2:11.00	2:09.00	2:06.00	2:06.00	2:06.00
1500 metres	4:52.0	4:40.00	4:30.00	4:28.00	4:26.00	4:26.00
3000 metres		10:10.00	10:00.00	9:40.00	9:40.00	
5000 metres						17:00.00
3000 metres Walk	18:40.00	18:40.00	18:40.00			
5000 metres Walk				29:00.00	29:00.00	29:00.00
Sprint Hurdles	15.06 (15.30)	15.90 (16.14)	15.50 (15.74)	16.60 (16.84)	16.60 (16.84)	16.70 (16.94)
200 metres Hurdles		29.80 (30.04)	29.80 (30.04)			
400 metres Hurdles				1:02.80 (1:02.94)	1:02.80 (1:02.94)	1:03.80 (1:03.94)
2000 metres Steeplechase		7:15.00	7:00.00	7:00.00	6:50.00	
3000 metres Steeplechase						10:20.00

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.

13-19 YEARS QRSS QUALIFYING STANDARDS - FEMALE

13-19 YEARS **FEMALE** QUALIFYING STANDARDS – **TRACK EVENTS 2025**

(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	13.20 (13.44)	13.10 (13.34)	13.00 (13.24)	13.00 (13.24)	13.00 (13.24)	13.00 (13.24)
200 metres	27.60 (27.84)	27.10 (27.34)	27.00 (27.24)	26.90 (27.14)	26.90 (27.14)	26.90 (27.14)
400 metres	1:03.80 (1:03.94)	1:03.10 (1:03.24)	1:03.10 (1:03.24)	1:03.00 (1:03.14)	1:03.00 (1:03.14)	1:03.00 (1:03.14)
800 metres	2:30.00	2:29.50	2:29.50	2:29.50	2:29.50	2:29.50
1500 metres	5:05.00	5:05.00	5:05.00	5:05.00	5:05.00	5:05.00
3000 metres		11:22.00	11:22.00	11:22.00	11:22.00	
5000 metres						18:50.00
3000 metres Walk	19:00.00	19:00.00	19:00.00			
5000 metres Walk				32:00.00	32:00.00	32:00.00
Sprint Hurdles	14.30 (14.54)	15.70 (15.94)	15.60 (15.84)	17.50 (17.74)	17.40 (17.64)	17.40 (17.64)
200 metres Hurdles		32.00 (32.24)	32.00 (32.24)			
400 metres Hurdles				1:13.00 (1:13.14)	1:13.00 (1:13.14)	1:13.00 (1:13.14)
2000 metres Steeplechase		8:40.00	8:40.00	8:40.00	8:40.00	
3000 metres Steeplechase						13:20.00

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.

13-19 YEARS QRSS QUALIFYING STANDARDS – M/F

13-19 YEARS **MALE** QUALIFYING STANDARDS – **FIELD EVENTS 2025**

(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 2025**

(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.

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

	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						

	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

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

	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						

	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												

	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

