

## 2024 QRSS 10-19 Years Track & Field Championships

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

Class	100m			200m			400m			800m			1500m		
	17-19 Yrs	15-16 Yrs	13-14 Yrs	17-19 Yrs	15-16 Yrs	13-14 Yrs	17-19 Yrs	15-16 Yrs	13-14 Yrs	17-19 Yrs	15-16 Yrs	13-14 Yrs	17-19 Yrs	15-16 Yrs	13-14 Yrs
T01	15.71	17.02	18.56	32.54	35.25	38.45	01:09.7	01:15.5	01:22.3	02:48.8	03:02.8	03:19.5	05:51.8	06:21.2	06:55.8
T11	16.80	18.20	19.85	34.48	37.35	40.75	01:16.6	01:23.0	01:30.6	03:02.3	03:17.5	03:35.4	06:06.7	06:37.3	07:13.4
T12	16.08	17.42	19.00	33.17	35.93	39.20	01:13.5	01:19.7	01:26.9	02:49.3	03:03.4	03:20.0	05:40.5	06:08.9	06:42.4
T13	16.09	17.43	19.02	32.38	35.08	38.27	01:12.2	01:18.2	01:25.3	02:50.3	03:04.5	03:21.3	05:51.2	06:20.5	06:55.1
T20	16.43	17.80	19.42	33.00	35.75	39.00	01:12.1	01:18.1	01:25.2	02:49.1	03:03.2	03:19.8	05:46.9	06:15.8	06:50.0
T21	20.71	22.43	24.47	43.66	47.30	51.60	01:45.8	01:54.6	02:05.1	04:11.1	04:32.1	04:56.8	08:32.8	09:15.6	10:06.1
T113	16.43	17.80	19.42	33.00	35.75	39.00	01:12.1	01:18.1	01:25.2	02:49.1	03:03.2	03:19.8	05:46.9	06:15.8	06:50.0
T32	35.77	38.75	42.27	1:12.02	1:18.02	1:25.11	02:19.7	02:31.4	02:45.1						
T33	25.32	27.43	29.93	44.62	48.33	52.73	01:29.2	01:36.6	01:45.4	02:53.1	03:07.5	03:24.6	06:42.1	07:15.7	07:55.3
T34	22.25	24.10	26.29	39.86	43.18	47.11	01:15.5	01:21.8	01:29.2	02:30.5	02:43.1	02:57.9	04:52.2	05:16.5	05:45.3
T35	18.11	19.62	21.40	35.45	38.40	41.89	01:27.1	01:34.4	01:42.9	03:49.9	04:09.1	04:31.8	07:39.5	08:17.8	09:03.0
T36	18.03	19.53	21.31	37.06	40.15	43.80	01:19.6	01:26.2	01:34.0	03:08.3	03:24.0	03:42.5	06:59.8	07:34.8	08:16.2
T37	17.57	19.03	20.76	34.75	37.65	41.07	01:17.6	01:24.1	01:31.7	03:00.3	03:15.3	03:33.0	06:08.5	06:39.2	07:15.5
T38	16.52	17.90	19.53	33.57	36.37	39.67	01:15.9	01:22.2	01:29.7	03:01.2	03:16.3	03:34.2	05:57.8	06:27.6	07:02.8
T40	23.77	25.75	28.09	53.29	57.73	1:02.98	02:41.0	02:54.4	03:10.2						
T41	20.78	22.52	24.56	44.62	48.33	52.73	02:27.2	02:39.5	02:54.0						
T42	19.11	20.70	22.58	40.02	43.35	47.29	01:16.8	01:23.2	01:30.8	03:14.9	03:31.2	03:50.4			
T43	16.26	17.62	19.22	37.60	40.01	45.10	02:22.9	02:34.8	02:48.9	03:10.1	03:28.5	03:43.5	06:47.2	07:21.1	08:01.2
T44	16.92	18.33	20.00	35.58	38.55	42.05	01:21.5	01:28.3	01:36.4	03:08.7	03:24.4	03:43.0	06:47.2	07:21.1	08:01.2
T45	16.83	18.23	19.89	33.71	36.52	39.84	01:15.7	01:22.0	01:29.5	03:03.5	03:18.8	03:36.9	06:21.9	06:53.8	07:31.4
T46	16.03	17.37	18.95	32.57	35.28	38.49	01:13.4	01:19.5	01:26.7	02:52.0	03:06.4	03:23.3	05:48.5	06:17.5	06:51.8
T47	16.03	17.37	18.95	32.57	35.28	38.49	01:13.4	01:19.5	01:26.7						
T51	20.60	33.15	36.16	56.34	1:01.03	1:06.58	01:55.7	02:05.4	02:16.8	03:52.3	04:11.6	04:34.5	07:31.5	08:09.2	08:53.6
T52	25.25	27.35	29.84	46.18	50.03	54.58	01:24.8	01:31.9	01:40.2	02:51.6	03:06.0	03:22.9	05:15.5	05:41.8	06:12.9
T53	21.69	23.50	25.64	38.52	41.73	45.53	01:12.0	01:18.0	01:25.1	02:21.1	02:32.8	02:46.7	04:24.4	04:46.4	05:12.4
T54	20.97	22.72	25.64	37.20	40.30	43.96	01:06.9	01:12.4	01:19.0	02:17.9	02:29.4	02:43.0	04:24.4	04:46.4	05:12.4
T60	17.08	18.50	20.18	36.60	39.65	43.25	01:20.8	01:27.6	01:35.5	03:08.1	03:23.7	03:42.2	06:50.1	07:24.3	08:04.6
T61	19.58	21.22	23.15	35.43	38.38	41.87	01:29.4	01:31.2	01:34.0	03:14.1	03:19.3	03:24.6			
T62	16.22	17.57	19.16	32.49	35.20	38.40	01:10.4	01:16.3	01:23.2	03:32.6	03:50.3	3:51.7	07:00.7	07:35.8	08:17.2
T63	18.38	19.92	21.73	40.55	43.93	47.93	01:36.2	01:44.2	01:53.6	05:31.2	05:38.8	05:44.1			
T64	16.32	17.68	19.29	32.72	35.45	38.67	01:16.4	01:22.8	01:30.3	03:58.9	04:18.8	04:34.4	07:00.7	07:35.8	08:17.2
T71	38.94	42.20	46.04												
T72	28.51	30.90	32.50												

# 2024 QRSS 10-19 Years Track & Field Championships

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

	LONG JUMP		
Class	17-19 Yrs	15-16 Yrs	13-14 Yrs
T01	4.37	3.97	3.57
T11	3.70	3.37	3.03
T12	4.11	3.74	3.36
T13	4.21	3.83	3.45
T20	4.20	3.82	3.44
T21	2.50	2.28	2.05
TII3	4.20	3.82	3.44
T31			
T32			
T33			
T34			
T35	3.33	3.03	2.73
T36	3.26	2.97	2.67
T37	3.72	3.39	3.05
T38	3.92	3.57	3.21
T40			
T41			
T42	2.95	2.69	2.42
T43	3.42	3.11	2.79
T44	3.89	3.54	3.18
T45	3.53	3.21	2.88
T46	4.17	3.79	3.41
T47	4.17	3.79	3.41
T51			
T52			
T53			
T54			
T55			
T56			
T57			
T60	4.02	3.65	3.29
T61	3.56	3.24	2.91
T62	3.85	3.50	3.15
T63	3.98	3.62	3.26
T64	4.66	4.24	3.82
T71			
T72			

# 2024 QRSS 10-19 Years Track & Field Championships

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

Class	SHOT PUT			DISCUS			JAVELIN		
	17-19 Yrs	15-16 Yrs	13-14 Yrs	17-19 Yrs	15-16 Yrs	13-14 Yrs	17-19 Yrs	15-16 Yrs	13-14 Yrs
F01	8.71	8.35	8.00	31.08	29.8368	28.5936	36.73	35.26	33.79
F11	7.63	7.32	7.01	23.05	22.128	21.206	26.99	25.91	24.83
F12	8.51	8.16	7.82	26.25	25.2048	24.1546	32.44	31.14	29.84
F13	8.23	7.90	7.57	26.80	25.7328	24.6606	35.50	34.08	32.66
F20	8.65	8.29	7.95	22.92	22.008	21.091	28.42	27.28	26.14
F21	6.1	5.85	5.61	16.47	15.816	15.157	18.26	17.52	16.79
FII3	8.65	8.29	7.95	22.92	22.008	21.091	28.42	27.28	26.14
F31									
F32	6.03	5.78	5.5	13.91	13.35	12.79			
F33	6.18	5.93	5.68	15.57	14.94	14.32	13.48	12.94	12.40
F34	6.08	5.84	5.59	21.64	20.77	19.91	19.11	18.35	17.58
F35	8.66	8.31	7.96	27.06	25.98	24.89	28.03	26.91	25.79
F36	8.16	7.83	7.50	21.69	20.82	19.95	22.59	21.68	20.78
F37	8.76	8.40	8.05	29.87	28.68	27.48	28.90	27.74	26.59
F38	7.98	7.65	7.33	26.45	25.39	24.33	29.09	27.92	26.76
F40	5.5	5.28	5.06	14.09	13.53	12.96	19.45	18.67	17.89
F41	7.15	6.86	6.58	22.18	21.29	20.40	22.17	21.28	20.40
F42	8.76	8.40	8.05	27.07	25.98	24.90	28.28	27.14	26.01
F43	10.2	9.80	9.39	31.85	30.57	29.30	28.80	27.65	26.50
F44	7.86	7.55	7.23	32.13	30.84	29.55	33.09	31.76	30.44
F45	5.72	5.49	5.26	14.10	13.54	12.97	14.65	14.06	13.47
F46	8.4	8.06	7.72	26.32	25.26	24.21	31.98	30.70	29.42
F47									
F51				6.58	6.32	6.058			
F52	5.87	5.63	5.40	11.9	11.42	10.94	9.29	8.91	8.54
F53	4.41	4.23	4.06	13.31	12.77	12.245	12.15	11.66	11.18
F54	5.7	5.47	5.24	16.84	16.16	15.49	16.64	15.97	15.31
F55	6.23	5.98	5.73	19.92	19.12	18.32	17.65	16.94	16.23
F56	6.74	6.47	6.20	23.34	22.40	21.47	21.37	20.51	19.66
F57	7.63	7.32	7.01	24.27	23.30	22.33	24.63	23.64	22.65
F60	6.27	6.01	5.76	19.24	18.47	17.70	21.32	20.47	19.61
F61	4.37	4.19	4.02	13.68	13.13	12.58	15.60	14.98	14.35
F62	4.37	4.19	4.02	13.68	13.13	12.58	15.60	14.98	14.35
F63	7.55	7.24	6.94	23.45	22.51	21.57	29.88	28.68	27.49
F64	9.19	8.82	8.45	32.93	31.61	30.29	31.44	30.18	28.92

## 2024 QRSS 10-19 Years Track & Field Championships

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

Class	100m			200m			400m			800m			1500m		
	17-19 Yrs	15-16 Yrs	13-14 Yrs	17-19 Yrs	15-16 Yrs	13-14 Yrs	17-19 Yrs	15-16 Yrs	13-14 Yrs	17-19 Yrs	15-16 Yrs	13-14 Yrs	17-19 Yrs	15-16 Yrs	13-14 Yrs
T01	18.02	19.52	21.29	37.58	40.72	44.42	01:25.2	01:32.3	01:40.6	03:16.1	03:32.5	03:51.8	06:48.1	07:22.1	08:02.3
T11	18.23	19.75	21.55	37.52	40.65	44.35	01:26.2	01:33.3	01:41.8	03:31.8	03:49.4	04:10.3	07:09.1	07:44.9	08:27.1
T12	17.54	19.00	20.73	35.43	38.38	41.87	01:19.7	01:26.3	01:34.1	03:12.2	03:28.3	03:47.2	06:38.8	07:12.0	07:51.3
T13	18.14	19.65	21.44	37.29	40.40	44.07	01:23.8	01:30.8	01:39.0	03:09.5	03:25.3	03:44.0	06:17.3	06:48.8	07:25.9
T20	18.32	19.85	21.65	38.48	41.68	45.47	01:26.1	01:33.3	01:41.8	03:16.5	03:32.9	03:52.3	06:45.2	07:18.9	07:58.8
T21	23.77	25.75	28.09	51.23	55.50	1:00.55	02:15.4	02:26.7	02:40.0	05:51.2	06:20.4	06:55.0	12:43.0	13:46.6	15:01.7
T113	18.32	19.85	21.65	38.48	41.68	45.47	01:26.1	01:33.3	01:41.8	03:16.5	03:32.9	03:52.3	06:45.2	07:18.9	07:58.8
T32	47.05	48.96	49.54	01:19.56	01:21.66	01:24.56	04:20.5	04:42.3	05:07.9						
T33	30.60	33.15	36.16	53.91	58.40	63.71	01:47.9	01:56.9	02:07.6	03:39.8	03:58.1	04:19.7	07:35.2	08:13.1	08:57.9
T34	25.80	27.95	30.49	46.94	50.85	55.47	01:25.1	01:32.1	01:40.5	02:58.0	03:12.9	03:30.4	05:54.2	06:23.7	06:58.6
T35	20.66	22.38	24.42	43.42	47.03	51.31	01:54.9	02:04.5	02:15.8	04:57.7	05:22.4	05:51.8	11:53.9	12:53.4	14:03.8
T36	21.05	22.80	24.87	43.40	47.02	51.29	01:43.0	01:51.6	02:01.8	04:46.5	05:10.4	05:27.30	09:54.3	10:43.8	11:42.4
T37	20.15	21.83	23.82	41.71	45.18	49.29	01:32.7	01:40.5	01:49.6	04:08.8	04:29.5	04:54.0	08:43.3	09:26.9	10:18.4
T38	19.05	20.63	22.51	39.88	43.20	47.13	01:33.4	01:41.2	01:50.4	03:59.7	04:19.7	04:43.3	08:25.4	09:07.5	09:57.3
T40	29.85	32.33	35.27	66.37	71.90	78.44	02:46.9	03:00.8	03:17.3						
T41	27.23	29.50	32.18	62.31	67.50	73.64	02:43.1	02:56.7	03:12.7						
T42	22.65	24.53	26.76	48.82	52.88	57.69	02:16.6	02:27.9	02:41.4	05:35.62	05:41.64	05:49.72			
T43	19.68	21.32	23.25	37.48	40.60	44.29	01:33.5	01:41.3	01:50.5	03:38.9	03:57.1	04:18.7	07:39.5	08:17.8	09:03.0
T44	19.57	21.20	23.13	40.23	43.58	47.55	01:32.4	01:40.1	01:49.2	03:38.9	03:57.1	04:18.7	07:39.5	08:17.8	09:03.0
T45	21.54	23.33	25.45	43.97	47.63	51.96	01:43.4	01:52.0	02:02.2	03:23.7	03:40.7	04:00.8	07:26.3	08:03.5	08:47.4
T46	18.29	19.82	21.62	37.62	40.75	44.45	01:25.5	01:32.7	01:41.1	03:45.8	04:04.6	04:26.9	07:26.3	08:03.5	08:47.4
T47	18.29	19.82	21.62	37.62	40.75	44.45	01:25.5	01:32.7	01:41.1	03:59.21	04:07.65	04:24.84			
T51	37.98	41.15	44.89	67.95	73.62	80.31	02:28.4	02:40.7	02:55.3	05:01.0	05:26.1	05:55.7	09:52.6	10:42.0	11:40.4
T52	28.72	31.12	33.95	51.06	55.32	60.35	01:39.8	01:48.1	01:58.0	03:15.0	03:31.3	03:50.5	06:46.9	07:20.8	08:00.9
T53	24.91	26.98	29.44	44.02	47.68	52.02	01:22.0	01:28.9	01:37.0	02:42.4	02:55.9	03:11.9	04:55.9	05:20.6	05:49.7
T54	23.62	25.58	27.91	42.34	45.87	50.04	01:19.8	01:26.5	01:34.4	02:36.1	02:49.1	03:04.5	04:55.9	05:20.6	05:49.7
T60	19.74	21.38	23.33	41.63	45.10	49.20	01:43.2	01:51.8	02:02.0	04:00.8	04:20.8	04:44.5	08:19.1	09:00.7	09:49.8
T61	23.00	24.92	27.18	63.49	68.78	75.04	02:32.5	02:36.6	02:40.7	04:04.6	04:15.7	04:30.1			
T62	19.66	21.30	23.24	44.40	48.10	52.47	01:33.5	01:41.3	01:50.5	04:33.5	04:56.4	05:23.3	07:39.5	08:17.8	09:03.0
T63	22.45	24.32	26.53	48.82	52.88	57.69	02:09.4	02:20.2	02:33.0	08:28.8	08:47.9	09:08.3			
T64	19.48	21.10	23.02	40.18	43.53	47.49	01:31.2	01:38.8	01:47.8	03:38.9	03:57.1	04:18.7	07:39.5	08:17.8	09:03.0
T71	36.29	39.31	42.89												
T72	27.79	30.09	32.83												

## 2024 QRSS 10-19 Years Track & Field Championships

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

	LONG JUMP		
Class	17-19 Yrs	15-16 Yrs	13-14 Yrs
<b>T01</b>	3.43	3.12	2.81
<b>T11</b>	3.00	2.73	2.46
<b>T12</b>	3.63	3.30	2.97
<b>T13</b>	3.23	2.94	2.65
<b>T20</b>	3.42	3.11	2.79
<b>T21</b>	1.94	1.76	1.58
<b>TI13</b>	3.42	3.11	2.79
<b>T31</b>			
<b>T32</b>			
<b>T33</b>			
<b>T34</b>			
<b>T35</b>	1.46	1.33	1.20
<b>T36</b>	2.26	2.06	1.85
<b>T37</b>	2.87	2.61	2.35
<b>T38</b>	3.03	2.76	2.48
<b>T40</b>			
<b>T41</b>			
<b>T42</b>	2.22	2.02	1.81
<b>T43</b>	2.34	2.13	1.92
<b>T44</b>	2.47	2.25	2.02
<b>T45</b>	2.36	2.15	1.93
<b>T46</b>	3.31	3.01	2.70
<b>T47</b>	3.31	3.01	2.70
<b>T51</b>			
<b>T52</b>			
<b>T53</b>			
<b>T54</b>			
<b>T55</b>			
<b>T56</b>			
<b>T57</b>			
<b>T60</b>	2.73	2.48	2.23
<b>T61</b>	2.79	2.54	2.28
<b>T62</b>	2.87	2.61	2.34
<b>T63</b>	2.75	2.50	2.25
<b>T64</b>	3.38	3.07	2.76
<b>T71</b>			
<b>T72</b>			

## 2024 QRSS 10-19 Years Track & Field Championships

Class	SHOT PUT			DISCUS			JAVELIN		
	17-19 Yrs	15-16 Yrs	13-14 Yrs	17-19 Yrs	15-16 Yrs	13-14 Yrs	17-19 Yrs	15-16 Yrs	13-14 Yrs
F01	7.67	6.90	6.13	26.34	23.42	20.49	22.76	20.23	17.70
F11	8.66	7.79	6.93	18.19	16.17	14.15	17.38	15.45	13.52
F12	7.53	6.77	6.02	21.33	18.96	16.59	20.70	18.40	16.10
F13	6.53	5.87	5.22	20.10	17.87	15.63	20.06	17.83	15.60
F20	7.05	6.35	5.64	19.63	17.45	15.27	17.90	15.91	13.92
F21	3.75	3.38	3.00	8.14	7.24	6.33	9.14	8.12	7.11
FII3	7.05	6.35	5.64	19.63	17.45	15.27	17.90	15.91	13.92
F31									
F32	3.52	3.17	2.82	6.29	5.59	4.89			
F33	3.91	3.51	3.12	9.32	8.28	7.25	7.65	6.80	5.95
F34	4.41	3.97	3.53	9.46	8.41	7.36	10.03	8.91	7.80
F35	6.96	6.26	5.56	14.36	12.77	11.17	12.80	11.38	9.95
F36	5.90	5.31	4.72	12.60	11.20	9.80	13.30	11.82	10.34
F37	7.75	6.98	6.20	17.23	15.32	13.40	17.04	15.14	13.25
F38	6.29	5.66	5.03	15.26	13.56	11.87	14.79	13.15	11.50
F40	4.56	4.10	3.64	11.09	9.86	8.63	10.52	9.35	8.18
F41	5.21	4.69	4.17	15.90	14.13	12.37	12.92	11.48	10.05
F42	4.50	4.05	3.60	14.83	13.18	11.53	14.18	12.60	11.03
F43	4.37	3.93	3.50	6.81	6.05	5.30	12.59	11.19	9.79
F44	6.57	5.91	5.26	20.04	17.81	15.59	19.40	17.25	15.09
F45	4.37	3.93	3.50	9.04	8.04	7.03	9.74	8.66	7.58
F46	6.24	5.61	4.99	18.95	16.85	14.74	20.58	18.29	16.01
F47									
F51				6.08	5.41	4.73			
F52	3.90	3.51	3.12	7.60	6.76	5.91	6.06	5.38	4.71
F53	2.94	2.65	2.35	7.32	6.50	5.69	5.34	4.75	4.15
F54	4.10	3.69	3.28	8.98	7.98	6.99	9.11	8.10	7.09
F55	4.53	4.08	3.62	12.51	11.12	9.73	12.18	10.83	9.47
F56	4.98	4.48	3.98	11.83	10.51	9.20	10.81	9.61	8.41
F57	5.58	5.02	4.46	16.09	14.30	12.52	11.68	10.38	9.08
F60	5.55	4.99	4.44	14.33	12.74	11.15	16.21	14.41	12.61
F61	5.28	4.75	4.22	15.68	13.94	12.20	14.18	12.60	11.03
F62	5.13	4.61	4.10	15.22	13.53	11.84	12.59	11.19	9.79
F63	5.03	4.53	4.02	14.94	13.28	11.62	7.08	6.30	5.51
F64	5.18	4.66	4.14	16.92	15.04	13.16	11.97	10.64	9.30