

**Sunshine Coast School Sport**  
**10-19 YEARS**  
**TRACK AND FIELD REGIONAL**  
**TRIAL**  
**PROGRAM**



**UNIVERSITY OF THE SUNSHINE**  
**COAST SPORTS COMPLEX**

Tuesday 27 August and Wednesday 28 August 2024

# GENERAL INFORMATION

All of the essential information relating to the Sunshine Coast School Sport Regional Track & Field Trials is outlined below. Please ensure that you read this information carefully and you are familiar with all policies and procedures.

## **COVID GUIDELINES**

- All attendees, including spectators, officials, and athletes, are required to follow the Queensland Health guidelines in place during the regional trial. If you are feeling unwell or experiencing any symptoms of COVID or the flu, please do not attend this event.

## **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**

- 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.
- Competitors must hand in their regional trial permission and consent form, and show proof of payment to their team manager before taking part in 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 those students who have provided parental consent and a medical declaration to participate in high-risk field events – 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 gather and 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 should have already been completed prior to attending the district track and field trial.
- This form grants permission for competitor names to be published in the event program, school sport websites, track and field software, regional team photo and listed third parties for the purposes stated.
- If you have not yet completed a QRSS consent form or you choose to change the consent you have given for the publishing of your child's name, please get in touch with your district team manager or district committee as soon as possible.
- Competitors who haven't given consent, or haven't returned their form will not have their personal details recorded. Instead, they will be assigned a unique code and this code will appear in published information.

## **UNIFORM / SPIKES**

- Let's show our team spirit by wearing the district sport uniform whenever we can. District sport uniform is to be worn if possible. Otherwise, school sport uniform is also acceptable.
- Footwear is compulsory for all throwing events (10-12 years) and all 13-19 years events.
- For 10-12 year old runners, it's strongly recommended that you wear appropriate footwear. Alternatively, you can tape your feet due to the nature of the synthetic track.
- 13-19 years athletes must wear appropriate footwear (no foot taping allowed).
- Running spikes must meet the following criteria:
  - 10-12 years: 100m, 200m, Long Jump and High Jump events – up to 7mm.
  - 800m and 1500m events - waffle spikes only or normal runners are permitted.
  - 13-19 years: All track and jumping events – up to 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 participating in both a field event and track event that are running at the same time, are to first check in at the 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.
- 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**

- Qualified first aid personnel will be located beside the recording tent near the finish line. Athletes requiring strapping need to provide their own tape. Please note that priority will be given to first aid requirements 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 2024.

- 10 years – born 2014
- 11 years – born 2013
- 12 years – born 2012
- 13 years – born 2011
- 14 years – born 2010
- 15 years – born 2009
- 16 years – born 2008
- 17 years – born 2007
- 18 years – born 2006
- 19 years – born 2005

## COMPETITION RULES

- The regional trials will be held in accordance with the World Athletics competition rules, with some variations specified by Sunshine Coast School Sport.
- It's important to remember that no substitution of athletes will be allowed on the day, and only athletes nominated to us by their district can compete.

## 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. You can also pin the number to your shirt. Numbers in these events will be given out to athletes during marshalling.
- District team managers need to inform the marshals and the recording tent promptly about any withdrawals on the day.
- 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 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 who are taking part in the high-risk field events listed below need to fill out a *QRSS parent/carer consent and medical declaration form*, along with a *QRSS Certificate of competence form*:
  - High Jump (Fosbury Flop technique)
  - Discus
  - Javelin
  - Hammer Throw
  - Pole Vault
- Athletes must also wear the appropriate coloured wristband that they will be given on the day to show that they are able to compete in these events.

## **TRACK & FIELD EVENTS (occurring at the same time)**

- Athletes who have a field event and a track event happening at the same time must go and register at their field event first.
- They 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 regional trial convenor and referee 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 regional trial convenor / referee is final.



# 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.
- 800m events are conducted as a straight final. Where there are too many athletes to conduct a straight final, multiple 'timed finals' will be conducted. Event winners and placings will be determined by each athlete's result time only, regardless of finish place in their 'timed final'.

## 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 is allowed to nominate 2 tetrathlon event competitors per gender and age division.
- Tetrathlon competitors are permitted to also complete in 100m, 800, long jump and shot put individual events.
- If you compete in an individual 100m, 800m, long jump or short 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.

## State championship nomination rules

- Any 10-12 year athlete can compete in a maximum of five events at the QRSS state track and field championship.
- The tetrathlon event is counted as four of the maximum five events an athlete can be nominated in.

## FOOTWEAR

- Spiked running shoes with up to 7mm spikes are allowed in the 100m, 200m, high jump and long jump events.
- Spiked shoes can be worn just before and during the event. Immediately after a track event is finished, athletes must remain in their lane, remove their spiked running shoes and await instructions from the event officials.
- You cannot wear running spikes in the 800m, 1500m, discus or shot put events. If you do not have non-spiked footwear for these 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.

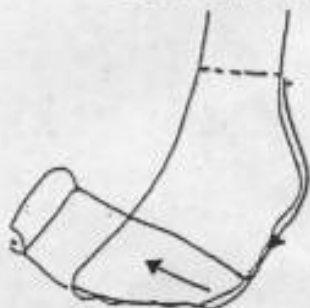


Bring the tape back under the foot behind the ball of the foot and finish on top.

## 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 must be made via your district using the approved paper nomination process. Paper nominations must be received at each district by their deadline for nominations.
- Athletes who qualify in these events using the QRSS state qualifying standards will be invited to compete in these events as part of the Sunshine Coast region track and field team.
- Nominees for hammer throw and pole vault must provide a certificate of competence signed by a qualified coach with at least a current level two 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.

## TRACK EVENTS

- All track events will be conducted as straight finals. In cases where there are too many athletes for a straight final, there will be '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

- Footwear is compulsory for all events. Running spikes (up to 7mm) must only be worn just prior to and during a track or jumping event. Immediately after the track event is finished, athletes must remain in their lane, remove their spiked running shoes and await instructions from the 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	1.00m
10yr Boys	500g	2kg	1.10m
11yr Girls	750g	2kg	1.10m
11yr Boys	750g	2kg	1.20m
12yr Girls	750g	3kg	1.20m
12yr Boys	750g	3kg	1.30m

## 13 -19 YEARS HURDLES HEIGHTS & DISTANCES

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

**13-19 YEARS FIELD EVENT IMPLEMENT WEIGHTS & STARTING HEIGHTS**

<b>AGE GROUP</b>	<b>JAVELIN</b>	<b>DISCUS</b>	<b>SHOT PUT</b>	<b>HIGH JUMP STARTING HEIGHTS</b>
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	1.64m
18-19yr Girls	600g	1.0kg	4kg	1.34m
18-19yr Boys	800g	1.75kg	6kg	1.64m

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 TEAM SELECTION CRITERIA

<p><b>10-19 YEARS NOMINATIONS (region to state)</b></p>	<ul style="list-style-type: none"> <li>• Any athlete who has met the QRSS state qualifying standard will be invited into the regional team.</li> <li>• Each region is able to nominate up to TWO automatic competitors for each event with the following exceptions:             <ul style="list-style-type: none"> <li>➤ <i>10-19 years High Jump:</i> Athletes must meet the QRSS qualifying standard</li> <li>➤ <i>10-12 years 100m:</i> Each region is able to nominate FOUR (4) automatic entries.</li> <li>➤ <i>10-12 years Combined Event (Tetrathlon):</i> Each region is only able to nominate two (2) entries per age group. No additional athletes can be entered into this event.</li> </ul> </li> <li>• An athlete may nominate in a maximum of 5 individual events (excluding relays).</li> <li>• An athlete competing in the Combined Event (10-12 years tetrathlon - 100m, long jump, shot put and 800m), can only compete in one (1) other individual event (excluding relays).</li> </ul>
<p><b>10-19 YEARS MULTI-CLASS NOMINATIONS</b></p>	<ul style="list-style-type: none"> <li>• Multi-class athletes must have a current registration with a national disability sporting organisation (such as Athletics Australia or Sport Inclusion Australia)</li> <li>• Athletes must appear on an official published multi-class 'masterlist' or provide official proof of current classification prior to the state championship.</li> <li>• Any athlete who has attained the QRSS state qualifying standard will be invited into the regional team.</li> <li>• Each region is able to nominate up to TWO automatic competitors for each event.</li> <li>• An athlete may nominate in a maximum of 5 individual events (excluding relays).</li> </ul>

# TRACK EVENTS – DAY 1: TUESDAY 27 AUGUST 2024

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: TUESDAY 27 AUGUST 2024

<b>8.30am</b>	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
<b>9.15am</b>	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
<b>10.00am</b>	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
<b>10.45am</b>	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
<b>11.30am</b>	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
<b>12.15pm</b>	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
<b>1.00pm</b>	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
<b>1.45pm</b>	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: WEDNESDAY 28 AUGUST 2024

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 800m	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: WEDNESDAY 28 AUGUST 2024

<b>8.30am</b>	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
<b>9.15am</b>	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
<b>10.00am</b>	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
<b>10.45am</b>	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
<b>11.30am</b>	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
<b>12.15pm</b>	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
<b>1.00pm</b>	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
<b>1.45pm</b>	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 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	1.10 m	1.23 m	1.28 m	1.48 m	1.58 m	1.64 m	1.70 m	1.72 m	1.72 m
Pole vault				2.00 m	2.00 m	2.00 m	2.00 m	2.00 m	2.00 m

## 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	1.08 m	1.18 m	1.28 m	1.37 m	1.40 m	1.40 m	1.40 m	1.40 m	1.40 m
Pole vault				2.00 m	2.00 m	2.00 m	2.00 m	2.00 m	2.00 m



# 10-12 YEARS QRSS QUALIFYING STANDARDS

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

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

Event	10 Years	11 Years	12 Years
100m	14.23 (14.47)	13.85 (14.09)	13.11 (13.35)
200m	29.83 (30.07)	28.65 (28.89)	27.30 (27.54)
800m	2:38.00	2:32.00	2:23.00
1500m	5:17.00	5:04.00	4:55.00
Long Jump	3.89m	4.22m	4.65m
High Jump	1.20m	1.33m	1.38m
Shot Put	8.84m 2kg	10.58m 2kg	10.22m 3kg
Discus	26.81m 500g	26.55m 750g	30.93m 750g

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

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

Event	10 Years	11 Years	12 Years
100m	14.69 (14.93)	14.03 (14.27)	13.59 (13.83)
200m	30.93 (31.17)	29.31 (29.55)	28.46 (28.70)
800m	2:47.00	2:39.00	2:32.00
1500m	5:38.00	5:25.00	5:15.00
Long Jump	3.74m	4.08m	4.37m
High Jump	1.18m	1.28m	1.38m
Shot Put	7.80m 2kg	9.05m 2kg	8.83m 3kg
Discus	21.96m 500g	22.20m 750g	25.96m 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 MULTI-CLASS QRSS QUALIFYING STANDARDS

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

CLASS	SHOT PUT			DISCUS		
	10 YEARS	11 YEARS	12 YEARS	10 YEARS	11 YEARS	12 YEARS
F01	6.09	6.96	7.83	21.76	24.86	27.97
F11	5.34	6.10	6.87	16.14	18.44	20.75
F12	5.96	6.81	7.66	18.38	21.00	23.63
F13	5.76	6.58	7.41	18.76	21.44	24.12
F20	6.05	6.92	7.78	16.05	18.34	20.63
F21	4.27	4.88	5.49	11.53	13.18	14.83
II3	6.05	6.92	7.78	16.05	18.34	20.63
F31						
F32	4.22	4.82	5.42	9.74	11.13	12.52
F33	4.33	4.94	5.56	10.90	12.46	14.01
F34	4.26	4.87	5.48	15.15	17.32	19.48
F35	6.06	6.93	7.79	18.95	21.65	24.36
F36	5.71	6.53	7.34	15.18	17.35	19.52
F37	6.13	7.01	7.88	20.91	23.90	26.89
F38	5.58	6.38	7.18	18.52	21.16	23.81
F40	3.85	4.40	4.95	9.87	11.28	12.69
F41	5.01	5.72	6.44	15.53	17.74	19.96
F42	6.13	7.01	7.88	18.95	21.66	24.36
F43	7.15	8.17	9.19	22.30	25.48	28.67
F44	5.51	6.29	7.08	22.49	25.70	28.92
F45	4.01	4.58	5.15	9.87	11.28	12.69
F46	5.88	6.72	7.56	18.42	21.06	23.69
F47						
F51				4.61	5.27	5.93
F52	4.11	4.70	5.28	8.33	9.52	10.71
F53	3.09	3.53	3.97	9.32	10.65	11.98
F54	3.99	4.56	5.13	11.79	13.47	15.16
F55	4.36	4.99	5.61	13.94	15.94	17.93
F56	4.72	5.40	6.07	16.34	18.67	21.01
F57	5.34	6.10	6.87	16.99	19.42	21.85
F60	4.39	5.02	5.64	13.47	15.39	17.32
F61	3.06	3.50	3.93	9.58	10.94	12.31
F62	3.06	3.50	3.93	9.58	10.94	12.31
F63	5.29	6.04	6.80	16.42	18.76	21.11
F64	6.43	7.35	8.27	23.05	26.34	29.64



# 10-12 YEARS MULTI-CLASS QRSS QUALIFYING STANDARDS

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

CLASS	SHOT PUT			DISCUS		
	10 YEARS	11 YEARS	12 YEARS	10 YEARS	11 YEARS	12 YEARS
F01	5.37	6.13	6.90	20.49	23.42	26.34
F11	6.06	6.93	7.79	14.15	16.17	18.19
F12	5.27	6.02	6.77	16.59	18.96	21.33
F13	4.57	5.22	5.87	15.63	17.87	20.10
F20	4.94	5.64	6.35	15.27	17.45	19.63
F21	2.63	3.00	3.38	6.33	7.24	8.14
I13	4.94	5.64	6.35	15.27	17.45	19.63
F31						
F32	2.46	2.82	3.17	4.89	5.59	6.29
F33	2.73	3.12	3.51	7.92	9.05	10.18
F34	3.09	3.53	3.97	8.02	9.16	10.31
F35	4.87	5.56	6.26	11.17	12.77	14.36
F36	4.13	4.72	5.31	9.80	11.20	12.60
F37	5.43	6.20	6.98	13.40	15.32	17.23
F38	4.40	5.03	5.66	13.24	15.13	17.02
F40	3.27	3.74	4.21	8.86	10.12	11.39
F41	3.65	4.17	4.69	12.44	14.21	15.99
F42	4.07	4.66	5.24	12.80	14.62	16.45
F43	3.80	4.34	4.88	9.42	10.76	12.11
F44	4.60	5.26	5.91	15.59	17.81	20.04
F45	3.06	3.50	3.93	7.38	8.44	9.49
F46	4.66	5.33	5.99	14.74	16.85	18.95
F47						
F51				5.20	5.95	6.69
F52	3.07	3.51	3.95	6.09	6.96	7.83
F53	2.06	2.35	2.65	5.69	6.50	7.32
F54	2.87	3.28	3.69	6.99	7.98	8.98
F55	3.17	3.62	4.08	9.73	11.12	12.51
F56	3.48	3.98	4.48	9.20	10.51	11.83
F57	3.91	4.46	5.02	12.52	14.30	16.09
F60	3.88	4.44	4.99	11.15	12.74	14.33
F61	3.52	4.02	4.53	11.62	13.28	14.94
F62	3.71	4.24	4.77	12.39	14.16	15.93
F63	3.52	4.02	4.53	11.62	13.28	14.94
F64	3.90	4.46	5.02	13.16	15.04	16.92

# 13-19 YEARS QRSS QUALIFYING STANDARDS

## 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
<b>100 metres</b>	12.20 (12.44)	11.80 (12.04)	11.50 (11.74)	11.40 (11.64)	11.40 (11.64)	11.40 (11.64)
<b>200 metres</b>	25.40 (25.64)	24.20 (24.44)	23.70 (23.94)	23.50 (23.74)	23.10 (23.34)	23.10 (23.34)
<b>400 metres</b>	59.00 (59.14)	56.10 (56.24)	54.50 (54.64)	53.30 (53.44)	52.70 (52.84)	52.70 (52.84)
<b>800 metres</b>	2:19.0	2:11.00	2:09.00	2:06.00	2:06.00	2:06.00
<b>1500 metres</b>	4:52.0	4:40.00	4:30.00	4:28.00	4:26.00	4:26.00
<b>3000 metres</b>		10:10.00	10:00.00	9:40.00	9:40.00	
<b>5000 metres</b>						17:00.00
<b>3000 metres Walk</b>	18:40.00	18:40.00	18:40.00			
<b>5000 metres Walk</b>				29:00.00	29:00.00	29:00.00
<b>Sprint Hurdles</b>	15.06 (15.30)	15.90 (16.14)	15.50 (15.74)	16.60 (16.84)	16.60 (16.84)	16.70 (16.94)
<b>200 metres Hurdles</b>		29.80 (30.04)	29.80 (30.04)			
<b>400 metres Hurdles</b>				1:02.80 (1:02.94)	1:02.80 (1:02.94)	1:03.80 (1:03.94)
<b>2000 metres Steeplechase</b>		7:15.00	7:00.00	7:00.00	6:50.00	
<b>3000 metres Steeplechase</b>						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

## 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
<b>100 metres</b>	13.20 (13.44)	13.10 (13.34)	13.00 (13.24)	13.00 (13.24)	13.00 (13.24)	13.00 (13.24)
<b>200 metres</b>	27.60 (27.84)	27.10 (27.34)	27.00 (27.24)	26.90 (27.14)	26.90 (27.14)	26.90 (27.14)
<b>400 metres</b>	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)
<b>800 metres</b>	2:30.00	2:29.50	2:29.50	2:29.50	2:29.50	2:29.50
<b>1500 metres</b>	5:15.00	5:15.00	5:15.00	5:15.00	5:15.00	5:15.00
<b>3000 metres</b>		11:22.00	11:22.00	11:22.00	11:22.00	
<b>5000 metres</b>						18:50.00
<b>3000 metres Walk</b>	19:00.00	19:00.00	19:00.00			
<b>5000 metres Walk</b>				32:00.00	32:00.00	32:00.00
<b>Sprint Hurdles</b>	14.30 (14.54)	15.70 (15.94)	15.60 (15.84)	17.50 (17.74)	17.40 (17.64)	17.40 (17.64)
<b>200 metres Hurdles</b>		32.00 (32.24)	32.00 (32.24)			
<b>400 metres Hurdles</b>				1:13.00 (1:13.14)	1:13.00 (1:13.14)	1:13.00 (1:13.14)
<b>2000 metres Steeplechase</b>		8:40.00	8:40.00	8:40.00	8:40.00	
<b>3000 metres Steeplechase</b>						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

## 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
<b>Shot Put</b>	12.50 m 3kg	12.50 m 4kg	13.00 m 4kg	12.75 m 5kg	13.00 m 5kg	11.00 m 6kg
<b>Discus</b>	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
<b>Javelin</b>	34.00 m 600g	38.00 m 700g	43.00 m 700g	46.00 m 700g	47.50 m 700g	40.00 m 800g
<b>Hammer</b>	28.00 3kg	28.00 m 4kg	32.00 m 4kg	35.00 m 5kg	35.00 m 5kg	32.00 m 6kg
<b>High Jump</b>	1.58 m	1.68 m	1.74 m	1.80 m	1.82 m	1.82 m
<b>Long Jump</b>	5.40 m	5.70 m	6.00 m	6.20 m	6.20 m	6.20 m
<b>Triple Jump</b>	10.85 m	11.60 m	12.00 m	12.40 m	12.65 m	12.65 m
<b>Pole Vault</b>	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
<b>Shot Put</b>	10.00 m 3kg	10.30 m 3kg	10.50 m 3kg	10.75 m 3kg	11.00 m 3kg	9.00 m 4kg
<b>Discus</b>	26.00 m 1kg	27.00 m 1kg	27.50 m 1kg	28.00 m 1kg	28.50 m 1kg	29.00 m 1kg
<b>Javelin</b>	27.00 m 400g	27.50 m 500g	29.00 m 500g	30.00 m 500g	30.00 m 500g	26.00 m 600g
<b>Hammer</b>	26.00m 3kg	27.00 m 3kg	28.00 m 3kg	30.00 m 3kg	32.00 m 3kg	27.00 m 4kg
<b>High Jump</b>	1.47 m	1.50 m	1.50 m	1.50 m	1.50 m	1.50 m
<b>Long Jump</b>	4.70 m	4.90 m	4.95 m	5.00 m	5.00 m	5.00 m
<b>Triple Jump</b>	10.00 m	10.20 m	10.30 m	10.40 m	10.40 m	10.40 m
<b>Pole Vault</b>	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.

## 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												

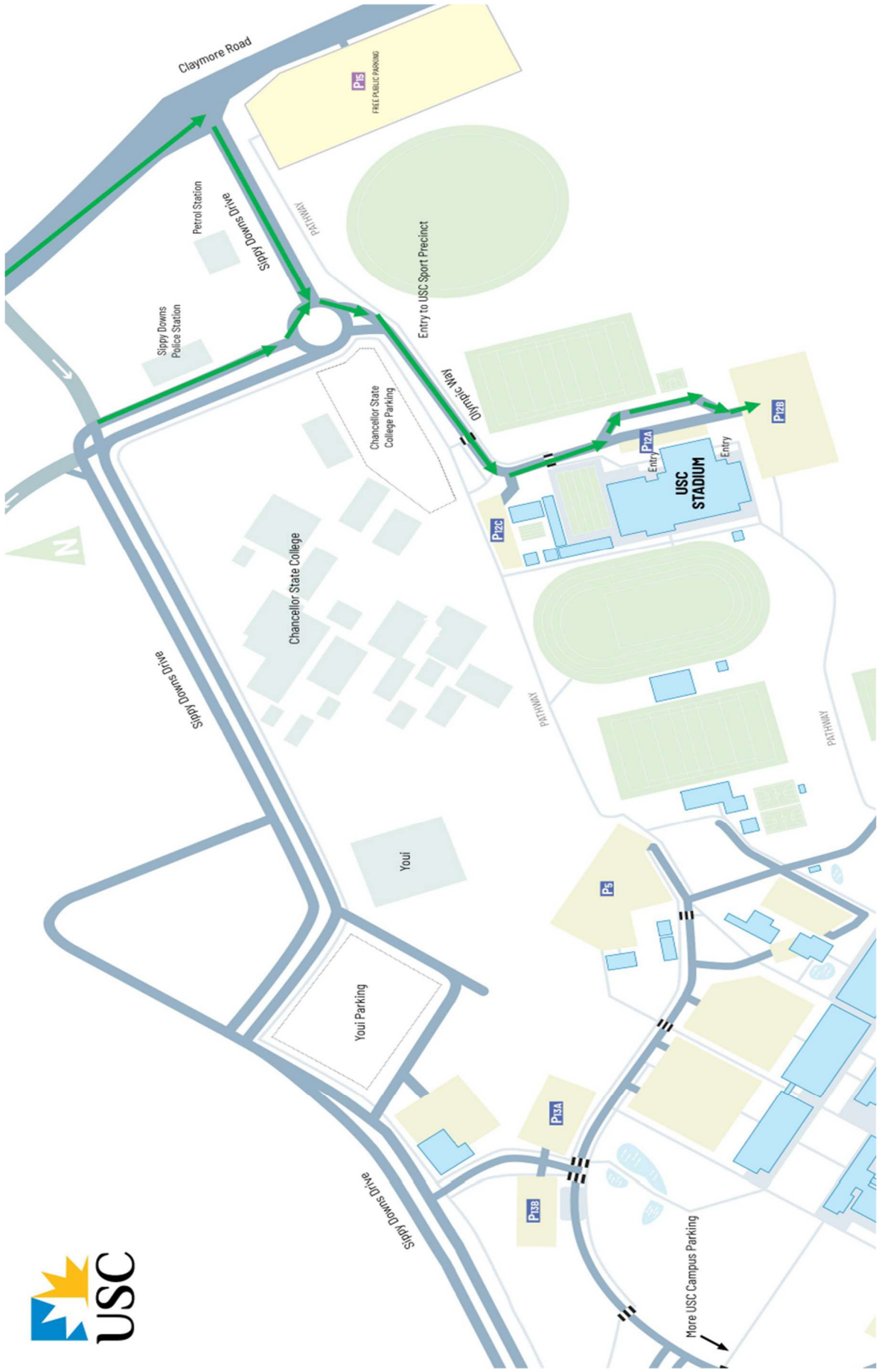
# 2024 QRSS 10-19 Years Track & Field Championships

## 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>III3</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>			

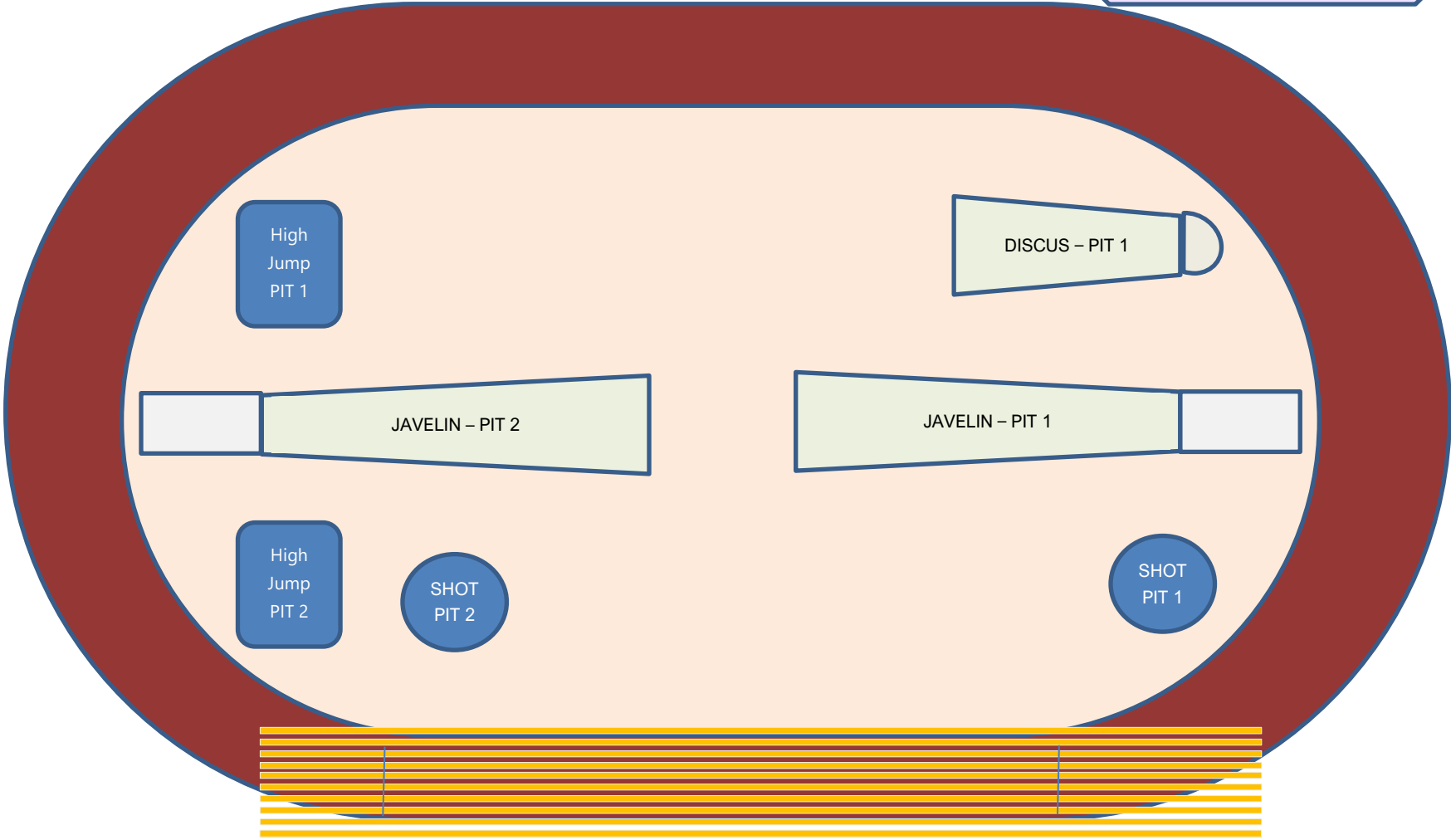
## 2024 QRSS 10-19 Years Track & Field Championships

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





REGIONAL SPORT  
UNIFORM SHOP



TRIPLE JUMP - PIT 2  
LONG JUMP - PIT 2 ←

→ LONG JUMP - PIT 1  
TRIPLE JUMP - PIT 1

RECORDING TENT

FIRST  
AID

