

10-12 YEARS REGIONAL QUALIFYING STANDARDS 2024

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

NOTE

- a) Competitors will be permitted to compete in their own age group only. There are no events for 9-year-old students.
- b) Ages are calculated according to year of birth.
(For example: a child born in 2012 is a 12-year-old in 2024).
Only children born 2012, 2013 and 2014 are eligible for selection.
- c) Districts can nominate two athletes “automatically” per event (except 1500m – see below) and up to an additional two athletes (four in total), provided all athletes equal or better the regional qualifying standards shown above.

District nominations must include an athlete’s result for each event beside their name.
- d) Districts can nominate one athlete “automatically” in the 1500m event and up to an additional two athletes (three in total), provided all athletes equal or better the regional qualifying standards shown above.