

NZSSAA Standards

EVENT	Senior Boys	Junior Boys	Senior Girls	Junior Girls
100m	11.4sec	11.9 sec	13.0sec	13.2sec
200m	23.4sec	24.3sec	26.8sec	27.0sec
400m	53.0sec	55.5sec	62.0sec	63.0sec
800m	2m 3sec	2m 8sec	2m 28sec	2m 30sec
1500m	4m 14sec	4m 30sec	5m 10sec	5m 30sec
3000m	9m 18sec	9m 40sec	11m 00sec	11m 30sec
Hurdles	15.8sec (100m)	16.5sec (100m)		
	17.5sec (110m)	14.5sec (80m)		
High Jump	1.70m	1.60m	1.45m	1.40m
Long Jump	5.90m	5.60m	4.90m	4.75m
Triple Jump	12.30m	11.50m	9.80m	9.50m
Shot Put	11.50m	11.80m	9.40m	9.85m
Discus	36.00m	35.00m	28.00m	26.00m
Javelin	43.00m	38.00m	26.00m	24.00m
OPEN EVENTS				
2000m S/Chase	6m 25sec			
1500m S/Chase			6m 25sec	
300m Hurdles	46.2secs		49.2sec	
2000m Walk			Open	
3000m Walk	17m 25sec			
Hammer	28.00m		22.00m	
Pole Vault	Open		Open	