

**NORTH ISLAND SECONDARY SCHOOLS ATHLETICS
ASSOCIATION
STANDARDS FOR 2009**

| Event | Senior Boys | Intermediate Boys | Junior Boys | Senior Girls | Intermediate Girls | Junior Girls |
|----------------------|-------------|-------------------|-------------|--------------|--------------------|--------------|
| 100m | 11.70 | 11.93 | 12.48 | 13.52 | 13.28 | 13.57 |
| 200m | 23.51 | 24.00 | 25.54 | 27.26 | 27.14 | 27.66 |
| 300m/400m | 54.06 | 55.02 | 41.13 | 64.92 | 62.81 | 45.42 |
| 800m | 2:04.64 | 2:06.14 | 2:17.14 | 2:30.32 | 2:28.04 | 2:33.51 |
| 1500m | 4:16.04 | 4:22.80 | 4:43.51 | 5:16.40 | 5:02.05 | 5:17.41 |
| 3000m | 9:42.07 | 9:39.98 | 10:32.09 | 11:46.60 | 11:32.44 | 11:48.69 |
| 80H/100H/110H | 16.97 | 15.46 | 13.73 | 17.65 | 13.55 | 12.86 |
| High Jump | 1.74m | 1.69m | 1.57m | 1.48m | 1.49m | 1.44m |
| Long jump | 5.66m | 5.72 | 5.09m | 4.79m | 4.74m | 4.54m |
| Triple Jump | 11.80m | 11.57m | 10.32m | 9.86m | 9.59m | 9.10m |
| Shot Put | 12.64m | 11.71m | 11.19m | 9.41m | 10.37m | 9.32m |
| Discuss | 34.75m | 37.01m | 35.19m | 26.98m | 28.69m | 24.96m |
| Javelin | 42.74m | 38.96m | 30.28m | 25.66m | 24.36m | 20.03m |

| Events | Open Boys | Open Girls |
|---------------------------|-----------|------------|
| Hammer | 27.62m | 23.06m |
| Pole Vault | 2.55m | 1.98m |
| 300m Hurdles | 44.02 | 51.24 |
| 2000 Steeple Chase | 7:18.61 | 8:12.93 |
| 3000 Walk | 19:00.00 | 20:00.00 |