

Qualifying Guidelines North Island Championships 2012

	NISS 2011	Suggested 2012
BOYS		
Senior (born in 1995 or before)		
Event		
100m	11.78	11.81
200m	23.83	23.99
400m	54.34	54.27
800m	2.04.47	2.04.64
1500m	4.15.73	4.16.44
3000m	9.36.17	9.24.25
110H	16.67	16.79
Shot	12.87	12.84
Discus	35.84	35.90
Javelin	42.21	43.10
Long	5.72	5.87
Triple	11.54	11.67
High	1.73	1.73
Hammer	32.57	33.33
Pole	2.51	2.59
300H	44.20	44.27
3Km Walk	19.00.00	19.00.00
2Km S/c	7.15.98	7.06.24

BOYS**U16 (born in 1996 or 1997)**

Event		
100m	11.84	11.86
200m	24.12	24.19
400m	54.96	54.86
800m	2.07.20	2.06.96
1500m	4.20.60	4.21.48
3000m	9.43.36	9.49.45
100H	15.55	15.62
Shot	12.01	12.08
Discus	38.18	37.94
Javelin	40.25	40.28
Long	5.67	5.66
Triple	11.42	11.41
High	1.68	1.68

BOYS

U14 (born in 1998 or later)

Event		
100m	12.40	12.39
200m	25.51	25.64
300m	41.24	41.13
800m	2.18.81	2.19.43
1500m	4.42.83	4.43.88
3000m	10.33.52	10.28.53
80H	13.85	13.94
Shot	10.95	11.15
Discus	33.64	33.52
Javelin	31.97	32.57
Long	4.97	5.01
Triple	10.24	10.34
High	1.57	1.55

GIRLS

Senior (born in 1995 or before)

Event		
100m	13.34	13.36
200m	27.20	27.25
400m	65.19	64.67
800m	2.31.50	2.32.28
1500m	5.10.69	5.06.94
3000m	11.34.17	11.29.70
100H	17.33	17.61
Shot	9.08	9.16
Discus	28.16	28.31
Javelin	24.73	25.82
Long	4.81	4.80
Triple	10.07	10.10
High	1.49	1.47
Hammer	23.16	23.04
Pole	2.12	2.38
300H	50.90	50.85
2Km Walk	13.55.51	14.00.12
2Km S/c	8.14.87	8.04.13

GIRLS

U16 (born in 1996 or 1997)

Event		
100m	13.17	13.18
200m	27.11	27.05
400m	62.81	62.44

800m	2.28.67	2.27.98
1500m	5.01.52	5.00.74
3000m	11.29.66	11.13.96
80H	13.51	13.50
Shot	10.51	10.43
Discus	29.55	28.09
Javelin	24.36	25.18
Long	4.74	4.72
Triple	9.73	9.91
High	1.49	1.49

GIRLS

U14 (born in 1998 or later)

Event

100m	13.54	13.59
200m	27.87	28.01
300m	45.75	45.49
800m	2.31.16	2.28.78
1500m	5.15.34	5.07.81
3000m	11.56.76	11.44.79
70H	12.81	12.92
Shot	9.07	9.33
Discus	25.01	25.58
Javelin	19.53	19.38
Long	4.48	4.49
Triple	9.19	9.19
High	1.44	1.44