

Qualifying Guidelines North Island Championships 2013

The following is guidelines only and is not to be taken as the set criteria for selection of an athlete.
This event is about encouraging athletes to compete at a higher level competition

Event	Snr Boys	Int Boys	Jun Boys	Snr Girls	Int Girls	Jun Girls
100m	11.82	11.85	12.40	13.32	13.24	13.70
200m	23.89	24.13	25.77	27.25	27.00	28.13
400m	54.03	54.61	41.47	64.40	62.70	45.04
800m	2.04.64	2.06.68	2.19.18	2.30.14	2.27.74	2.28.48
1500m	4.18.80	4.20.67	4.43.61	5.04.11	5.02.62	5.07.16
3000m	9.29.18	9.50.15	10.30.30	11.32.80	11.11.63	11.45.99
70m, 80m, 100m, 110m	16.69	15.72	13.45	17.40	13.42	13.08
Shot	13.32	12.26	10.99	9.11	10.52	9.40
Discus	37.10	39.17	33.55	28.12	27.83	25.79
Javelin	45.16	40.84	32.59	26.79	26.42	20.35
Long	5.87	5.73	5.01	4.70	4.65	4.47
Triple	11.74	11.38	10.37	10.05	9.86	9.30
High	1.74	1.68	1.54	1.47	1.49	1.43
Hammer	34.64			23.35		
Pole	2.61			2.57		
300H	44.35			50.57		
3Km Walk	19.00.00			14.01.28		
2Km S/c	6.59.42			8.08.70		