

Qualifying Guidelines North Island Championships 2016

BOYS

Event	Senior (born in 1999 or before)	U16 (born in 2000 or 2001)	U14 (born in 2002 or later)
100m	11.64	11.79	12.47
200m	23.61	23.89	25.53
400m/300m	52.69	53.96	41.02
800m	2.02.11	2.05.80	2.15.68
1500m	4.12.67	4.18.73	4.36.17
3000m	9.26.73	9.37.44	10.16.73
110H/100H/80H	16.95	15.12	13.40
Shot	13.43	12.47	10.94
Discus	38.19	41.51	33.98
Javelin	44.84	42.43	30.84
Long	5.99	5.65	5.20
Triple	12.15	11.56	10.40
High	1.78	1.70	1.57
Hammer	32.46	31.31	30.05
Pole	2.98		
300H	44.61		
3Km Walk	17.47.92		
2Km S/c	6.47.05		

GIRLS

Event	Senior (born in 1999 or before)	U16 (born in 2000 or 2001)	U14 (born in 2002 or later)
100m	13.23	13.09	13.69
200m	27.07	27.15	28.20
400m/300m	63.16	62.19	45.41
800m	2.27.09	2.22.89	2.30.55
1500m	5.04.70	4.57.78	5.06.61
3000m	11.18.84	11.02.88	11.29.04
100H/80H/70H	17.53	13.56	13.16
Shot	9.24	10.65	9.77
Discus	25.94	26.70	24.86
Javelin	27.02	28.26	22.61
Long	4.71	4.77	4.52
Triple	10.01	9.81	9.06
High	1.44	1.48	1.43
Hammer	25.49	22.08	22.55
Pole	2.55		
300H	50.48		
2Km Walk	14.08.91		
2Km S/c	8.04.95		