

Qualifying Guidelines North Island Championships 2019

BOYS

Event	Senior (born in 2002 or before)	U16 (born in 2003 or 2004)	U14 (born in 2005 or later)
100m	11.60	11.75	12.64
200m	23.47	23.88	25.39
400m/300m	52.37	53.80	41.13
800m	2.01.62	2.03.50	2.17.93
1500m	4.11.53	4.18.72	4.37.36
3000m	9.19.00	9.32.47	10.18.76
110H/100H/80H	16.67	15.27	13.73
Shot	12.42	12.03	10.87
Discus	37.57	42.24	34.70
Javelin	40.41	41.29	30.93
Long	5.83	5.62	5.15
Triple	11.98	11.42	10.16
High	1.73	1.71	1.56
Hammer	31.70	32.49	26.59
Pole	3.18	2.72	
300H	43.75	47.52	
2Km S/c	6.56.29	7.32.99	
3Km Walk	17.13.77		

GIRLS

Event	Senior (born in 2002 or before)	U16 (born in 2003 or 2004)	U14 (born in 2005 or later)
100m	13.31	13.17	13.50
200m	27.22	26.97	27.60
400m/300m	63.39	61.98	45.09
800m	2.24.47	2.22.56	2.30.93
1500m	4.59.93	4.57.64	5.02.78
3000m	11.09.57	11.13.79	11.34.95
100H/80H/70H	17.82	13.50	12.94
Shot	10.34	10.88	9.51
Discus	25.89	28.42	23.34
Javelin	25.34	26.03	21.98
Long	4.80	4.78	4.60
Triple	9.79	9.99	9.24
High	1.43	1.49	1.44
Hammer	30.38	17.20	22.84
Pole	2.22	2.52	
300H	49.52	52.87	
2Km S/c	7.56.11	8.18.82	
2Km Walk	14.08.54		