

## Qualifying Guidelines North Island Championships 2020

## BOYS

Event	Senior (born in 2003 or before)	U16 (born in 2004 or 2005)	U14 (born in 2006 or later)
100m	11.55	11.76	12.47
200m	23.20	23.80	25.14
400m/300m	52.33	53.72	40.81
800m	2.01.34	2.03.60	2.18.26
1500m	4.11.73	4.18.28	4.36.28
3000m	9.12.40	9.31.58	10.15.68
110H/100H/80H	16.87	15.30	13.71
Shot	12.21	11.79	11.04
Discus	37.19	41.61	34.33
Javelin	40.02	40.46	30.87
Long	5.84	5.66	5.20
Triple	11.78	11.42	10.25
High	1.72	1.72	1.57
Hammer	31.60	33.35	24.94
Pole	3.10	2.86	
300H	43.88	45.91	
2Km S/c	6.53.97	7.22.97	
3Km Walk	16.48.18		

## GIRLS

Event	Senior (born in 2003 or before)	U16 (born in 2004 or 2005)	U14 (born in 2006 or later)
100m	13.27	13.12	13.44
200m	27.20	26.75	27.40
400m/300m	63.77	61.87	44.45
800m	2.24.32	2.22.96	2.28.26
1500m	4.59.81	4.58.32	5.01.24
3000m	11.12.69	11.15.95	11.30.92
100H/80H/70H	17.44	13.31	12.89
Shot	10.79	11.01	9.59
Discus	27.12	28.03	23.98
Javelin	25.39	25.64	21.64
Long	4.87	4.75	4.68
Triple	9.84	10.05	9.27
High	1.42	1.49	1.43
Hammer	31.88	30.34	21.79
Pole	2.39	2.16	
300H	49.04	51.15	
2Km S/c	7.56.77	8.29.65	
2Km Walk	13.45.48		