

Qualifying Guidelines North Island Championships 2023

BOYS

Event	Senior (born in 2006 or before)	U16 (born in 2007 or 2008)	U14 (born in 2009 or later)
100m	11.50	11.72	12.45
200m	23.09	23.69	25.04
400m/300m	52.41	53.73	41.12
800m	2.01.17	2.03.96	2.16.85
1500m	4.10.44	4.16.63	4.36.02
3000m	9.05.66	9.29.26	10.16.72
110H/100H/80H	16.65	15.38	13.50
Shot	12.10	11.52	11.09
Discus	36.25	40.28	35.12
Javelin	40.69	40.19	30.30
Long	5.84	5.74	5.14
Triple	11.83	11.64	10.03
High	1.70	1.73	1.56
Hammer	32.44	31.70	24.42
Pole	3.10	2.91	
300H	43.68	45.56	
2Km S/c	6.54.28	7.12.81	
3Km Walk	16.22.24		

GIRLS

Event	Senior (born in 2006 or before)	U16 (born in 2007 or 2008)	U14 (born in 2009 or later)
100m	13.28	13.09	13.37
200m	27.15	26.60	27.28
400m/300m	64.04	61.53	44.81
800m	2.24.09	2.23.07	2.27.48
1500m	4.59.82	4.54.94	4.59.89
3000m	11.08.11	11.12.85	11.27.31
100H/80H/70H	17.47	13.25	12.85
Shot	10.95	11.11	9.70
Discus	27.97	28.32	24.82
Javelin	26.42	25.57	21.42
Long	4.84	4.74	4.60
Triple	9.93	10.15	9.31
High	1.43	1.50	1.42
Hammer	33.60	31.69	21.56
Pole	2.57	2.27	
300H	48.89	51.80	
2Km S/c	8.02.81	8.33.07	
2Km Walk	13.42.16		