

Qualifying Guidelines North Island Championships 2024

BOYS

Event	Senior (born 2005,2006 or 2007)	U16 (born 2008 or 2009)	U14 (born 2010 or 2011)
100m	11.46	11.77	12.43
200m	23.15	23.73	25.45
400m/300m	52.71	53.68	41.40
800m	2.00.73	2.04.33	2.16.57
1500m	4.09.31	4.16.16	4.36.07
3000m	9.03.23	9.25.24	10.15.42
110H/100H/80H(7.50m spacing)	16.58	15.66	13.63
Shot	12.09	11.33	10.86
Discus	34.80	39.23	33.51
Javelin	39.47	39.29	30.28
Long	5.80	5.67	5.09
Triple	11.90	11.44	9.96
High	1.71	1.73	1.55
Hammer	35.37	30.74	25.50
Pole	3.10	2.93	
300/200H	43.69	45.66	29.75
2Km S/c	6.52.75	7.15.22	
3Km Walk	16.24.49		

GIRLS

Event	Senior (born 2005,2006 or 2007)	U16 (born 2008 or 2009)	U14 (born 2010 or 2011)
100m	13.26	13.01	13.41
200m	27.03	26.62	27.44
400m/300m	63.90	61.46	45.18
800m	2.25.30	2.21.77	2.26.90
1500m	4.59.03	4.52.69	5.00.97
3000m	11.07.32	11.05.58	11.28.41
100H/80H/80H(7.50m spacing)	17.91	13.35	14.00
Shot	10.87	11.26	9.73
Discus	28.71	28.67	24.94
Javelin	26.58	26.38	21.24
Long	4.79	4.71	4.58
Triple	9.97	10.11	9.28
High	1.42	1.50	1.40
Hammer	36.70	32.66	22.15
Pole	2.63	2.52	
300H/200H	49.04	52.22	32.45
2Km S/c	7.59.36	8.31.35	
2Km Walk	13.32.92		