

Qualifying Guidelines North Island Championships 2025

BOYS

Event	Senior (born in 2008 or before)	U16 (born in 2009 or 2010)	U14 (born in 2011 or later)
100m	11.45	11.80	12.45
200m	23.09	23.70	25.43
400m/300m	53.07	54.60	41.51
800m	2.02.38	2.06.00	2.16.52
1500m	4.09.37	4.14.83	4.39.10
3000m	9.02.72	9.29.75	10.23.88
110H/100H/80H	16.62	15.58	13.56
Shot	12.02	11.36	10.55
Discus	32.98	38.63	32.75
Javelin	38.05	38.25	29.57
Long	5.78	5.69	5.08
Triple	11.78	11.40	9.86
High	1.70	1.73	1.55
Hammer	35.87	29.22	24.73
Pole	3.06	2.94	
300H/200H	43.98	45.68	30.89
2Km S/c	7.00.11	7.16.64	
3Km Walk	16.17.65		

GIRLS

Event	Senior (born in 2008 or before)	U16 (born in 2009 or 2010)	U14 (born in 2011 or later)
100m	13.26	12.95	13.40
200m	26.90	26.52	27.51
400m/300m	63.07	61.48	45.22
800m	2.26.81	2.23.20	2.28.52
1500m	4.58.87	4.52.93	5.02.44
3000m	11.14.27	10.58.90	11.31.40
100H/80H/70H	17.73	13.52	13.19
Shot	10.82	11.04	9.64
Discus	29.95	28.64	24.84
Javelin	26.73	25.74	20.88
Long	4.69	4.71	4.56
Triple	9.83	10.12	9.13
High	1.43	1.48	1.41
Hammer	36.06	32.66	20.92
Pole	2.75	2.68	
300H/200H	49.64	52.00	33.00
2Km S/c	7.56.08	8.32.47	
2Km Walk	13.19.63		