

Qualifying Guidelines North Island Championships 2025

BOYS

Event	Senior (U20 Dec 31 2025) (born 2006-2008)	Intermediate (U17 Dec 31 2025) (born 2009-2010)	Junior (U15 Dec 31 2025) (born 2011-2012)
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 (U20 Dec 31 2025) (born 2006-2008)	Intermediate (U17 Dec 31 2025) (born 2009-2010)	Junior (U15 Dec 31 2025) (born 2011-2012)
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		