

Qualifying Guidelines North Island Championships 2026

BOYS

Event	Senior (U20 on 31/12/2026) (born in 2009 or before)	U17 (U17 on 31/12/2026) (born in 2010 or 2011)	U15 (U15 on 31/12/2026) (born in 2012 or later)
100m	11.39	11.72	12.32
200m	23.03	23.70	25.36
400m/300m	52.93	54.77	41.51
800m	2.02.30	2.06.09	2.15.61
1500m	4.09.32	4.14.77	4.40.70
3000m	9.02.02	9.32.83	10.22.02
110H/100H/80H	16.25	15.58	13.44
Shot	11.95	11.35	10.21
Discus	32.84	36.96	32.78
Javelin	38.64	37.88	28.77
Long	5.79	5.63	5.10
Triple	11.60	11.17	9.85
High	1.71	1.72	1.55
Hammer	36.71	29.67	24.97
Pole	3.04	3.00	
300H/200H	43.91	45.05	30.88
2Km S/c	6.59.40	7.10.85	
3Km Walk	15.53.25		

GIRLS

Event	Senior (U20 on 31/12/2026) (born in 2009 or before)	U17 (U17 on 31/12/2026) (born in 2010 or 2011)	U15 (U15 on 31/12/2026) (born in 2012 or later)
100m	13.04	12.88	13.30
200m	26.61	26.49	27.43
400m/300m	62.56	61.74	45.20
800m	2.27.06	2.24.22	2.29.22
1500m	4.57.24	4.51.99	5.02.25
3000m	11.08.96	10.56.86	11.30.70
100H/80H	17.40	13.36	14.17
Shot	10.61	11.08	9.87
Discus	29.38	27.93	25.71
Javelin	26.90	25.13	20.48
Long	4.63	4.71	4.46
Triple	9.69	10.01	9.07
High	1.45	1.48	1.41
Hammer	35.58	32.42	22.71
Pole	2.92	2.67	
300H/200H	49.35	51.39	33.36
2Km S/c	7.57.30	8.31.41	
2Km Walk	13.17.16		