

**2018**  
**Commonwealth Bank**  
**Queensland School Sport 13-19 Years Track & Field Championships**

**MEN'S QUALIFYING STANDARDS – TRACK EVENTS**

Athletes must compete in the age group according to their year of birth.

Event	13 Years	14 Years	15 Years	16 Years	17 Years	19 Years
<b>100 metres</b>	12.2 (12.44)	11.8 (12.04)	11.5 (11.74)	11.4 (11.64)	11.4 (11.64)	11.4 (11.64)
<b>200 metres</b>	25.4 (25.64)	24.2 (24.44)	23.7 (23.94)	23.5 (23.74)	23.1 (23.34)	23.1 (23.34)
<b>400 metres</b>	59.0 (59.14)	56.1 (56.24)	54.5 (54.64)	53.3 (53.44)	52.7 (52.84)	52.7 (52.84)
<b>800 metres</b>	2:19.0	2:13.0	2:09.0	2:06.0	2:06.0	2:06.0
<b>1500 metres</b>	4:53.0	4:42.0	4:32.0	4:30.0	4:26.0	4:28.0
<b>3000 metres</b>		10:00.0	10:00.0	9:40.0	9:40.0	
<b>5000 metres</b>						17:00.0
<b>3000 metres Walk</b>	18:40.0	18:40.0	18:40.0			
<b>5000 metres Walk</b>				29:00.0	29:00.0	29:00.0
<b>Sprint Hurdles</b>	15.0 (15.24)	15.6 (15.84)	15.5 (15.74)	16.6 (16.84)	16.6 (16.84)	16.7 (16.94)
<b>200 metres Hurdles</b>	29.80 (30.04)	29.80 (30.04)	29.80 (30.04)			
<b>400 metres Hurdles</b>				1:02.8 (1:02.94)	1:02.8 (1:02.94)	1:03.8 (1:03.94)
<b>2000 metres Steeplechase</b>		7:15.0	7:00.0	7:00.0	6:50.0	
<b>3000 metres Steeplechase</b>						10:20.0

**Notes:**

- The following events are conducted as **multi-age events** (multiple age groups combined where necessary, nominations accepted for each age group, separate results awarded):  
3000 metres, 3000 metres Walk, 5000 metres Walk, 200 metres Hurdles, 400 metres Hurdles, 2000 metres Steeplechase and all 19 Years events.
- For all events of 400 metres or shorter, including hurdles, the time in brackets is the electronic time obtained from a fully automatic timing device. The other time is a hand-held time. Refer to Rule 165 of the IAAF Handbook.

**2018**  
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**WOMEN'S QUALIFYING STANDARDS – TRACK EVENTS**

Athletes must compete in the age group according to their year of birth.

Event	13 Years	14 Years	15 Years	16 Years	17 Years	19 Years
<b>100 metres</b>	13.2 (13.44)	13.1 (13.34)	13.0 (13.24)	13.0 (13.24)	13.0 (13.24)	13.0 (13.24)
<b>200 metres</b>	27.6 (27.84)	27.1 (27.34)	27.0 (27.24)	26.9 (27.14)	26.9 (27.14)	26.9 (27.14)
<b>400 metres</b>	1:03.8 (1:03.94)	1:03.1 (1:03.24)	1:03.1 (1:03.24)	1:03.0 (1:03.14)	1:03.0 (1:03.14)	1:03.0 (1:03.14)
<b>800 metres</b>	2:30.0	2:29.5	2:29.5	2:29.5	2:29.5	2:29.5
<b>1500 metres</b>	5:19.0	5:19.0	5:19.0	5:19.0	5:19.0	5:19.0
<b>3000 metres</b>		11:22.0	11:22.0	11:22.0	11:22.0	
<b>5000 metres</b>						18:50.0
<b>3000 metres Walk</b>	19:00.0	19:00.0	19:00.0			
<b>5000 metres Walk</b>				32:00.0	32:00.0	32:00.0
<b>Sprint Hurdles</b>	14.3 (14.54)	15.7 (15.94)	15.6 (15.84)	17.5 (17.74)	17.4 (17.64)	17.4 (17.64)
<b>200 metres Hurdles</b>	32.0 (32.24)	32.0 (32.24)	32.0 (32.24)			
<b>400 metres Hurdles</b>				1:13.0 (1:13.14)	1:13.0 (1:13.14)	1:13.0 (1:13.14)
<b>2000 metres Steeplechase</b>		8:40.0	8:40.0	8:40.0	8:40.0	
<b>3000 metres Steeplechase</b>						13:20.0

**Notes:**

- The following events are conducted as **multi-age events** (multiple age groups combined where necessary, nominations accepted for each age group, separate results awarded):  
3000 metres, 3000 metres Walk, 5000 metres Walk, 200 metres Hurdles, 400 metres Hurdles, 2000 metres Steeplechase and all 19 Years events.
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**MEN'S QUALIFYING STANDARDS – FIELD EVENTS**

Event	13 Years	14 Years	15 Years	16 Years	17 Years	19 Years
<b>Shot Put</b>	12.50 m 3kg	12.50 m 4kg	13.50 m 4kg	12.75 m 5kg	13.00 m 5kg	11.75 m 6kg
<b>Discus</b>	34.00 m 1kg	38.00 m 1kg	43.50 m 1kg	35.00 m 1.5kg	41.00 m 1.5kg	32.00 m 1.75kg
<b>Javelin</b>	34.00 m 600g	39.00 m 700g	43.00 m 700g	46.00 m 700g	49.50 m 700g	42.00 m 800g
<b>Hammer</b>	28.00 3kg	28.00 m 4kg	32.00 m 4kg	35.00 m 5kg	35.00 m 5kg	32.00 m 6kg
<b>High Jump</b>	1.58 m	1.68 m	1.74 m	1.80 m	1.82 m	1.82 m
<b>Long Jump</b>	5.40 m	5.70 m	6.00 m	6.20 m	6.20 m	6.20 m
<b>Triple Jump</b>	10.85 m	11.50 m	12.00 m	12.50 m	12.65 m	12.65 m
<b>Pole Vault</b>	2.30 m	2.30 m	2.30 m	2.70 m	2.70 m	3.00 m

**WOMEN'S QUALIFYING STANDARDS – FIELD EVENTS**

Event	13 Years	14 Years	15 Years	16 Years	17 Years	19 Years
<b>Shot Put</b>	9.50 m 3kg	10.20 m 3kg	10.50 m 3kg	10.75 m 3kg	11.00 m 3kg	9.00 m 4kg
<b>Discus</b>	26.00 m 1kg	27.00 m 1kg	27.50 m 1kg	28.00 m 1kg	28.50 m 1kg	29.00 m 1kg
<b>Javelin</b>	27.00 m 400g	27.50 m 500g	29.00 m 500g	30.00 m 500g	30.00 m 500g	27.00 m 600g
<b>Hammer</b>	26.00m 3kg	27.00 m 3kg	28.00 m 3kg	30.00 m 3kg	32.00 m 3kg	27.00 m 4kg
<b>High Jump</b>	1.47 m	1.50 m	1.50 m	1.50 m	1.50 m	1.50 m
<b>Long Jump</b>	4.70 m	4.90 m	4.95 m	5.00 m	5.00 m	5.00 m
<b>Triple Jump</b>	10.00 m	10.20 m	10.20 m	10.40 m	10.40 m	10.40 m
<b>Pole Vault</b>	2.00 m	2.00 m	2.00 m	2.00 m	2.00 m	2.00 m

**Notes:**

1. Hammer Throw, Pole Vault and all 19 Years events will be conducted as **multi-age events** (see previous page).
2. Competitors in **Pole Vault** and **Hammer Throw** must supply a **Certificate of Competence**, certified by an accredited coach.
3. The starting height for all Pole Vault events will be 2.00 metres. This is determined by the minimum height at which the Pole Vault equipment at QSAC can be set.

