

QUALIFYING STANDARDS TO PARTICIPATE IN THE ASA TRACK AND FIELD CHAMPIONSHIPS

TIMES ARE BASED ON THE 10TH BEST PERFORMANCE OR LAST PERFORMANCE IN THE STATISTICS IF LESS THAN 10 ENTRIES DURING THE LAST 7 YEARS

2018 / 2019 QUALIFYING STANDARDS

EVENT		B15	B17	B19	SEN	G15	G17	G19	SEN
100m	H	11.3	10.8	10.6	10.2	12.4	12.2	12.2	11.7
	E	11.48	10.98	10.79	10.44	12.65	12.45	12.41	11.89
200m	H	22.7	21.8	21.5	20.7	25.6	25.1	25.1	23.8
	E	23.09	22.14	21.86	21.04	25.97	25.44	25.46	24.15
400m	H	51.5	48.9	48.1	46.2	59.2	57.4	57.7	54.4
	E	51.96	49.38	48.52	46.71	59.64	57.88	58.22	54.83
800m	C	2:02.35	1:55.92	1:52.94	1:48.22	2:18.56	2:14.63	2:17.72	2:07.64
	I	2:04.35	1:57.92	1:54.94	1:50.22	2:20.56	2:16.63	2:19.72	2:09.64
1500m	C	4:14.27	4:01.99	3:57.31	3:43.70	4:49.12	4:44.12	4:48.69	4:28.15
	I	4:18.27	4:05.99	4:01.31	3:47.70	4:53.12	4:48.12	4:52.69	4:32.15
3000m	C	9:25.31	8:49.02		8:15.71	10:39.99	10:28.50	10:49.20	9:50.82
	I	9:33.31	8:57.02		8:23.71	10:47.99	10:36.50	10:57.20	9:58.82
5000m	C			15:02.52	14:10.79			19:16.73	17:04.83
	I			15:14.52	14:22.79			19:28.73	17:16.83
10 000m	C			33:48.71	29:44.61			34:51.14	39:47.74
	I			34:15.71	30:11.61			35:18.13	40:14.74
1500m SC	C	4:38.95							
	I	4:42.95							
2000m SC	C		6:10.02				8:34.37	8:25.20	6:45.57
	I		6:15.32				8:39.67	8:30.50	6:50.87
3000m SC	C			9:31.73	9:01.89			12:32.03	11:28.41
	I			9:39.73	9:09.89			12:40.03	11:36.41
90mH	H					13.6			
	E					13.80			
100mH	H	13.6					15.0	15.0	14.2
	E	13.81					15.22	15.28	14.47
110mH	H		14.2	14.5	14.1				
	E		14.43	14.80	14.31				
300mH	H	40.4				46.4			
	E	40.90				46.82			
400mH	H		53.9	54.0	50.6		64.5	64.8	60.3
	E		54.58	54.73	51.30		65.21	65.54	61.05
HIGH JUMP		1.84	1.96	1.98	2.09	1.62	1.66	1.66	1.74
POLE VAULT		3.04	3.59	3.68	4.60	2.17	2.61	2.60	3.34
LONG JUMP		6.25	6.71	6.90	7.49	5.14	5.36	5.40	5.81
TRIPLE JUMP		12.03	13.44	13.92	14.93	10.26	10.84	11.50	11.50
SHOT PUT		15.82	16.20	15.50	16.19	10.95	11.82	11.37	12.96
DISCUS		50.68	48.15	46.44	51.02	33.03	37.13	35.79	44.67
HAMMER		42.74	50.19	46.18	51.25	33.73	33.85	29.80	43.28
JAVELIN		54.61	62.02	59.69	69.75	35.83	39.94	38.36	48.82
MULTI-EVENT		3012.00	3953.00	4901.57	5563.29	2295.00	3163.17	3359.86	3586.86
5000mW	C	27:57.74	26:29.60	26:00.18	23:12.30	32:25.26	29:44.01	30:00.53	27:39.17
	I	28:12.74	26:44.60	26:15.18	23:27.30	32:40.26	29:59.01	30:15.53	27:54.17
10 000mW	C		0:53:57.48	0:56:31.65	0:50:13.32			1:07:37.97	1:01:46.77
	I		0:55:07.48	0:57:41.65	0:51:23.32			1:08:47.97	1:02:56.77
20km WALK	C			1:38:39.69	1:42:28.89				2:09:45.71
	I			1:41:09.69	1:44:58.89				2:12:15.71