

2024 QRSS 10-19 Years Track & Field Championships

This document is to be used by regions to select their regional team in conjunction with the qualifying procedures outlined in the QRSS 10-19 years Track and Field Competition Procedures.

13-19 YEARS **MALE** 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	18-19 Years
100 metres	12.2 (12.44)	11.8 (12.04)	11.5 (11.74)	11.4 (11.64)	11.4 (11.64)	11.4 (11.64)
200 metres	25.4 (25.64)	24.2 (24.44)	23.7 (23.94)	23.5 (23.74)	23.1 (23.34)	23.1 (23.34)
400 metres	59.0 (59.14)	56.1 (56.24)	54.5 (54.64)	53.3 (53.44)	52.7 (52.84)	52.7 (52.84)
800 metres	2:19.0	2:11.0	2:09.0	2:06.0	2:06.0	2:06.0
1500 metres	4:52.0	4:40.0	4:30.0	4:28.0	4:26.0	4:26.0
3000 metres		10:10.0	10:00.0	9:40.0	9:40.0	
5000 metres						17:00.0
3000 metres Walk	18:40.0	18:40.0	18:40.0			
5000 metres Walk				29:00.0	29:00.0	29:00.0
Sprint Hurdles	15.06 (15.30)	15.9 (16.14)	15.5 (15.74)	16.6 (16.84)	16.6 (16.84)	16.7 (16.94)
200 metres Hurdles		29.80 (30.04)	29.80 (30.04)			
400 metres Hurdles				1:02.8 (1:02.94)	1:02.8 (1:02.94)	1:03.8 (1:03.94)
2000 metres Steeplechase		7:15.0	7:00.0	7:00.0	6:50.0	
3000 metres Steeplechase						10:20.0

Notes:

- The following events may be 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 TR19 of the World Athletics Handbook.

2024 QRSS 10-19 Years Track & Field Championships

13-19 YEARS **FEMALE** 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	18-19 Years
100 metres	13.2 (13.44)	13.1 (13.34)	13.0 (13.24)	13.0 (13.24)	13.0 (13.24)	13.0 (13.24)
200 metres	27.6 (27.84)	27.1 (27.34)	27.0 (27.24)	26.9 (27.14)	26.9 (27.14)	26.9 (27.14)
400 metres	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)
800 metres	2:30.0	2:29.5	2:29.5	2:29.5	2:29.5	2:29.5
1500 metres	5:15.0	5:15.0	5:15.0	5:15.0	5:15.0	5:15.0
3000 metres		11:22.0	11:22.0	11:22.0	11:22.0	
5000 metres						18:50.0
3000 metres Walk	19:00.0	19:00.0	19:00.0			
5000 metres Walk				32:00.0	32:00.0	32:00.0
Sprint Hurdles	14.3 (14.54)	15.7 (15.94)	15.6 (15.84)	17.5 (17.74)	17.4 (17.64)	17.4 (17.64)
200 metres Hurdles		32.0 (32.24)	32.0 (32.24)			
400 metres Hurdles				1:13.0 (1:13.14)	1:13.0 (1:13.14)	1:13.0 (1:13.14)
2000 metres Steeplechase		8:40.0	8:40.0	8:40.0	8:40.0	
3000 metres Steeplechase						13:20.0

Notes:

- The following events may be 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 TR19 of the World Athletics Handbook.

2024 QRSS 10-19 Years Track & Field Championships

13-19 YEARS **MALE** QUALIFYING STANDARDS – FIELD 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	18-19 Years
Shot Put	12.50 m 3kg	12.50 m 4kg	13.00 m 4kg	12.75 m 5kg	13.00 m 5kg	11.00 m 6kg
Discus	34.00 m 1kg	38.00 m 1kg	43.00 m 1kg	37.00 m 1.5kg	41.00 m 1.5kg	32.00 m 1.75kg
Javelin	34.00 m 600g	38.00 m 700g	43.00 m 700g	46.00 m 700g	47.50 m 700g	40.00 m 800g
Hammer	28.00 3kg	28.00 m 4kg	32.00 m 4kg	35.00 m 5kg	35.00 m 5kg	32.00 m 6kg
High Jump	1.58 m	1.68 m	1.74 m	1.80 m	1.82 m	1.82 m
Long Jump	5.40 m	5.70 m	6.00 m	6.20 m	6.20 m	6.20 m
Triple Jump	10.85 m	11.60 m	12.00 m	12.40 m	12.65 m	12.65 m
Pole Vault	2.30 m	2.30 m	2.30 m	2.70 m	2.70 m	3.00 m

13-19 YEARS **FEMALE** QUALIFYING STANDARDS – FIELD 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	18-19 Years
Shot Put	10.00 m 3kg	10.30 m 3kg	10.50 m 3kg	10.75 m 3kg	11.00 m 3kg	9.00 m 4kg
Discus	26.00 m 1kg	27.00 m 1kg	27.50 m 1kg	28.00 m 1kg	28.50 m 1kg	29.00 m 1kg
Javelin	27.00 m 400g	27.50 m 500g	29.00 m 500g	30.00 m 500g	30.00 m 500g	26.00 m 600g
Hammer	26.00m 3kg	27.00 m 3kg	28.00 m 3kg	30.00 m 3kg	32.00 m 3kg	27.00 m 4kg
High Jump	1.47 m	1.50 m	1.50 m	1.50 m	1.50 m	1.50 m
Long Jump	4.70 m	4.90 m	4.95 m	5.00 m	5.00 m	5.00 m
Triple Jump	10.00 m	10.20 m	10.30 m	10.40 m	10.40 m	10.40 m
Pole Vault	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 may be conducted as **multi-age events** (see previous page).

Competitors in **Pole Vault**, **High Jump** and **Hammer Throw** must supply a Certificate of Competence, certified by an accredited coach. This is available from the Regional Sports Office. 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.

2024 QRSS 10-19 Years Track & Field Championships

13-19 YEARS MALE MULTI-CLASS QUALIFYING STANDARDS - TRACK

Class	100m			200m			400m			800m			1500m		
	17-19 Yrs	15-16 Yrs	13-14 Yrs	17-19 Yrs	15-16 Yrs	13-14 Yrs	17-19 Yrs	15-16 Yrs	13-14 Yrs	17-19 Yrs	15-16 Yrs	13-14 Yrs	17-19 Yrs	15-16 Yrs	13-14 Yrs
T01	15.71	17.02	18.56	32.54	35.25	38.45	01:09.7	01:15.5	01:22.3	02:48.8	03:02.8	03:19.5	05:51.8	06:21.2	06:55.8
T11	16.80	18.20	19.85	34.48	37.35	40.75	01:16.6	01:23.0	01:30.6	03:02.3	03:17.5	03:35.4	06:06.7	06:37.3	07:13.4
T12	16.08	17.42	19.00	33.17	35.93	39.20	01:13.5	01:19.7	01:26.9	02:49.3	03:03.4	03:20.0	05:40.5	06:08.9	06:42.4
T13	16.09	17.43	19.02	32.38	35.08	38.27	01:12.2	01:18.2	01:25.3	02:50.3	03:04.5	03:21.3	05:51.2	06:20.5	06:55.1
T20	16.43	17.80	19.42	33.00	35.75	39.00	01:12.1	01:18.1	01:25.2	02:49.1	03:03.2	03:19.8	05:46.9	06:15.8	06:50.0
T21	20.71	22.43	24.47	43.66	47.30	51.60	01:45.8	01:54.6	02:05.1	04:11.1	04:32.1	04:56.8	08:32.8	09:15.6	10:06.1
T1I3	16.43	17.80	19.42	33.00	35.75	39.00	01:12.1	01:18.1	01:25.2	02:49.1	03:03.2	03:19.8	05:46.9	06:15.8	06:50.0
T32	35.77	38.75	42.27	1:12.02	1:18.02	1:25.11	02:19.7	02:31.4	02:45.1						
T33	25.32	27.43	29.93	44.62	48.33	52.73	01:29.2	01:36.6	01:45.4	02:53.1	03:07.5	03:24.6	06:42.1	07:15.7	07:55.3
T34	22.25	24.10	26.29	39.86	43.18	47.11	01:15.5	01:21.8	01:29.2	02:30.5	02:43.1	02:57.9	04:52.2	05:16.5	05:45.3
T35	18.11	19.62	21.40	35.45	38.40	41.89	01:27.1	01:34.4	01:42.9	03:49.9	04:09.1	04:31.8	07:39.5	08:17.8	09:03.0
T36	18.03	19.53	21.31	37.06	40.15	43.80	01:19.6	01:26.2	01:34.0	03:08.3	03:24.0	03:42.5	06:59.8	07:34.8	08:16.2
T37	17.57	19.03	20.76	34.75	37.65	41.07	01:17.6	01:24.1	01:31.7	03:00.3	03:15.3	03:33.0	06:08.5	06:39.2	07:15.5
T38	16.52	17.90	19.53	33.57	36.37	39.67	01:15.9	01:22.2	01:29.7	03:01.2	03:16.3	03:34.2	05:57.8	06:27.6	07:02.8
T40	23.77	25.75	28.09	53.29	57.73	1:02.98	02:41.0	02:54.4	03:10.2						
T41	20.78	22.52	24.56	44.62	48.33	52.73	02:27.2	02:39.5	02:54.0						
T42	19.11	20.70	22.58	40.02	43.35	47.29	01:16.8	01:23.2	01:30.8	03:14.9	03:31.2	03:50.4			
T43	16.26	17.62	19.22	37.60	40.01	45.10	02:22.9	02:34.8	02:48.9	03:10.1	03:28.5	03:43.5	06:47.2	07:21.1	08:01.2
T44	16.92	18.33	20.00	35.58	38.55	42.05	01:21.5	01:28.3	01:36.4	03:08.7	03:24.4	03:43.0	06:47.2	07:21.1	08:01.2
T45	16.83	18.23	19.89	33.71	36.52	39.84	01:15.7	01:22.0	01:29.5	03:03.5	03:18.8	03:36.9	06:21.9	06:53.8	07:31.4
T46	16.03	17.37	18.95	32.57	35.28	38.49	01:13.4	01:19.5	01:26.7	02:52.0	03:06.4	03:23.3	05:48.5	06:17.5	06:51.8
T47	16.03	17.37	18.95	32.57	35.28	38.49	01:13.4	01:19.5	01:26.7						
T51	20.60	33.15	36.16	56.34	1:01.03	1:06.58	01:55.7	02:05.4	02:16.8	03:52.3	04:11.6	04:34.5	07:31.5	08:09.2	08:53.6
T52	25.25	27.35	29.84	46.18	50.03	54.58	01:24.8	01:31.9	01:40.2	02:51.6	03:06.0	03:22.9	05:15.5	05:41.8	06:12.9
T53	21.69	23.50	25.64	38.52	41.73	45.53	01:12.0	01:18.0	01:25.1	02:21.1	02:32.8	02:46.7	04:24.4	04:46.4	05:12.4
T54	20.97	22.72	25.64	37.20	40.30	43.96	01:06.9	01:12.4	01:19.0	02:17.9	02:29.4	02:43.0	04:24.4	04:46.4	05:12.4
T60	17.08	18.50	20.18	36.60	39.65	43.25	01:20.8	01:27.6	01:35.5	03:08.1	03:23.7	03:42.2	06:50.1	07:24.3	08:04.6
T61	19.58	21.22	23.15	35.43	38.38	41.87	01:29.4	01:31.2	01:34.0	03:14.1	03:19.3	03:24.6			
T62	16.22	17.57	19.16	32.49	35.20	38.40	01:10.4	01:16.3	01:23.2	03:32.6	03:50.3	3:51.7	07:00.7	07:35.8	08:17.2
T63	18.38	19.92	21.73	40.55	43.93	47.93	01:36.2	01:44.2	01:53.6	05:31.2	05:38.8	05:44.1			
T64	16.32	17.68	19.29	32.72	35.45	38.67	01:16.4	01:22.8	01:30.3	03:58.9	04:18.8	04:34.4	07:00.7	07:35.8	08:17.2
T71	38.94	42.20	46.04												
T72	28.51	30.90	32.50												

2024 QRSS 10-19 Years Track & Field Championships

13-19 YEARS **MALE** MULTI-CLASS QUALIFYING STANDARDS – FIELD

	LONG JUMP		
Class	17-19 Yrs	15-16 Yrs	13-14 Yrs
T01	4.37	3.97	3.57
T11	3.70	3.37	3.03
T12	4.11	3.74	3.36
T13	4.21	3.83	3.45
T20	4.20	3.82	3.44
T21	2.50	2.28	2.05
TII3	4.20	3.82	3.44
T31			
T32			
T33			
T34			
T35	3.33	3.03	2.73
T36	3.26	2.97	2.67
T37	3.72	3.39	3.05
T38	3.92	3.57	3.21
T40			
T41			
T42	2.95	2.69	2.42
T43	3.42	3.11	2.79
T44	3.89	3.54	3.18
T45	3.53	3.21	2.88
T46	4.17	3.79	3.41
T47	4.17	3.79	3.41
T51			
T52			
T53			
T54			
T55			
T56			
T57			
T60	4.02	3.65	3.29
T61	3.56	3.24	2.91
T62	3.85	3.50	3.15
T63	3.98	3.62	3.26
T64	4.66	4.24	3.82
T71			
T72			

2024 QRSS 10-19 Years Track & Field Championships

13-19 YEARS **MALE** MULTI-CLASS QUALIFYING STANDARDS – FIELD

Class	SHOT PUT			DISCUS			JAVELIN		
	17-19 Yrs	15-16 Yrs	13-14 Yrs	17-19 Yrs	15-16 Yrs	13-14 Yrs	17-19 Yrs	15-16 Yrs	13-14 Yrs
F01	8.71	8.35	8.00	31.08	29.8368	28.5936	36.73	35.26	33.79
F11	7.63	7.32	7.01	23.05	22.128	21.206	26.99	25.91	24.83
F12	8.51	8.16	7.82	26.25	25.2048	24.1546	32.44	31.14	29.84
F13	8.23	7.90	7.57	26.80	25.7328	24.6606	35.50	34.08	32.66
F20	8.65	8.29	7.95	22.92	22.008	21.091	28.42	27.28	26.14
F21	6.1	5.85	5.61	16.47	15.816	15.157	18.26	17.52	16.79
F13	8.65	8.29	7.95	22.92	22.008	21.091	28.42	27.28	26.14
F31									
F32	6.03	5.78	5.5	13.91	13.35	12.79			
F33	6.18	5.93	5.68	15.57	14.94	14.32	13.48	12.94	12.40
F34	6.08	5.84	5.59	21.64	20.77	19.91	19.11	18.35	17.58
F35	8.66	8.31	7.96	27.06	25.98	24.89	28.03	26.91	25.79
F36	8.16	7.83	7.50	21.69	20.82	19.95	22.59	21.68	20.78
F37	8.76	8.40	8.05	29.87	28.68	27.48	28.90	27.74	26.59
F38	7.98	7.65	7.33	26.45	25.39	24.33	29.09	27.92	26.76
F40	5.5	5.28	5.06	14.09	13.53	12.96	19.45	18.67	17.89
F41	7.15	6.86	6.58	22.18	21.29	20.40	22.17	21.28	20.40
F42	8.76	8.40	8.05	27.07	25.98	24.90	28.28	27.14	26.01
F43	10.2	9.80	9.39	31.85	30.57	29.30	28.80	27.65	26.50
F44	7.86	7.55	7.23	32.13	30.84	29.55	33.09	31.76	30.44
F45	5.72	5.49	5.26	14.10	13.54	12.97	14.65	14.06	13.47
F46	8.4	8.06	7.72	26.32	25.26	24.21	31.98	30.70	29.42
F47									
F51				6.58	6.32	6.058			
F52	5.87	5.63	5.40	11.9	11.42	10.94	9.29	8.91	8.54
F53	4.41	4.23	4.06	13.31	12.77	12.245	12.15	11.66	11.18
F54	5.7	5.47	5.24	16.84	16.16	15.49	16.64	15.97	15.31
F55	6.23	5.98	5.73	19.92	19.12	18.32	17.65	16.94	16.23
F56	6.74	6.47	6.20	23.34	22.40	21.47	21.37	20.51	19.66
F57	7.63	7.32	7.01	24.27	23.30	22.33	24.63	23.64	22.65
F60	6.27	6.01	5.76	19.24	18.47	17.70	21.32	20.47	19.61
F61	4.37	4.19	4.02	13.68	13.13	12.58	15.60	14.98	14.35
F62	4.37	4.19	4.02	13.68	13.13	12.58	15.60	14.98	14.35
F63	7.55	7.24	6.94	23.45	22.51	21.57	29.88	28.68	27.49
F64	9.19	8.82	8.45	32.93	31.61	30.29	31.44	30.18	28.92

2024 QRSS 10-19 Years Track & Field Championships

13-19 YEARS **FEMALE** MULTI-CLASS QUALIFYING STANDARDS - TRACK

Class	100m			200m			400m			800m			1500m		
	17-19 Yrs	15-16 Yrs	13-14 Yrs	17-19 Yrs	15-16 Yrs	13-14 Yrs	17-19 Yrs	15-16 Yrs	13-14 Yrs	17-19 Yrs	15-16 Yrs	13-14 Yrs	17-19 Yrs	15-16 Yrs	13-14 Yrs
T01	18.02	19.52	21.29	37.58	40.72	44.42	01:25.2	01:32.3	01:40.6	03:16.1	03:32.5	03:51.8	06:48.1	07:22.1	08:02.3
T11	18.23	19.75	21.55	37.52	40.65	44.35	01:26.2	01:33.3	01:41.8	03:31.8	03:49.4	04:10.3	07:09.1	07:44.9	08:27.1
T12	17.54	19.00	20.73	35.43	38.38	41.87	01:19.7	01:26.3	01:34.1	03:12.2	03:28.3	03:47.2	06:38.8	07:12.0	07:51.3
T13	18.14	19.65	21.44	37.29	40.40	44.07	01:23.8	01:30.8	01:39.0	03:09.5	03:25.3	03:44.0	06:17.3	06:48.8	07:25.9
T20	18.32	19.85	21.65	38.48	41.68	45.47	01:26.1	01:33.3	01:41.8	03:16.5	03:32.9	03:52.3	06:45.2	07:18.9	07:58.8
T21	23.77	25.75	28.09	51.23	55.50	1:00.55	02:15.4	02:26.7	02:40.0	05:51.2	06:20.4	06:55.0	12:43.0	13:46.6	15:01.7
T113	18.32	19.85	21.65	38.48	41.68	45.47	01:26.1	01:33.3	01:41.8	03:16.5	03:32.9	03:52.3	06:45.2	07:18.9	07:58.8
T32	47.05	48.96	49.54	01:19.56	01:21.66	01:24.56	04:20.5	04:42.3	05:07.9						
T33	30.60	33.15	36.16	53.91	58.40	63.71	01:47.9	01:56.9	02:07.6	03:39.8	03:58.1	04:19.7	07:35.2	08:13.1	08:57.9
T34	25.80	27.95	30.49	46.94	50.85	55.47	01:25.1	01:32.1	01:40.5	02:58.0	03:12.9	03:30.4	05:54.2	06:23.7	06:58.6
T35	20.66	22.38	24.42	43.42	47.03	51.31	01:54.9	02:04.5	02:15.8	04:57.7	05:22.4	05:51.8	11:53.9	12:53.4	14:03.8
T36	21.05	22.80	24.87	43.40	47.02	51.29	01:43.0	01:51.6	02:01.8	04:46.5	05:10.4	05:27.30	09:54.3	10:43.8	11:42.4
T37	20.15	21.83	23.82	41.71	45.18	49.29	01:32.7	01:40.5	01:49.6	04:08.8	04:29.5	04:54.0	08:43.3	09:26.9	10:18.4
T38	19.05	20.63	22.51	39.88	43.20	47.13	01:33.4	01:41.2	01:50.4	03:59.7	04:19.7	04:43.3	08:25.4	09:07.5	09:57.3
T40	29.85	32.33	35.27	66.37	71.90	78.44	02:46.9	03:00.8	03:17.3						
T41	27.23	29.50	32.18	62.31	67.50	73.64	02:43.1	02:56.7	03:12.7						
T42	22.65	24.53	26.76	48.82	52.88	57.69	02:16.6	02:27.9	02:41.4	05:35.62	05:41.64	05:49.72			
T43	19.68	21.32	23.25	37.48	40.60	44.29	01:33.5	01:41.3	01:50.5	03:38.9	03:57.1	04:18.7	07:39.5	08:17.8	09:03.0
T44	19.57	21.20	23.13	40.23	43.58	47.55	01:32.4	01:40.1	01:49.2	03:38.9	03:57.1	04:18.7	07:39.5	08:17.8	09:03.0
T45	21.54	23.33	25.45	43.97	47.63	51.96	01:43.4	01:52.0	02:02.2	03:23.7	03:40.7	04:00.8	07:26.3	08:03.5	08:47.4
T46	18.29	19.82	21.62	37.62	40.75	44.45	01:25.5	01:32.7	01:41.1	03:45.8	04:04.6	04:26.9	07:26.3	08:03.5	08:47.4
T47	18.29	19.82	21.62	37.62	40.75	44.45	01:25.5	01:32.7	01:41.1	03:59.21	04:07.65	04:24.84			
T51	37.98	41.15	44.89	67.95	73.62	80.31	02:28.4	02:40.7	02:55.3	05:01.0	05:26.1	05:55.7	09:52.6	10:42.0	11:40.4
T52	28.72	31.12	33.95	51.06	55.32	60.35	01:39.8	01:48.1	01:58.0	03:15.0	03:31.3	03:50.5	06:46.9	07:20.8	08:00.9
T53	24.91	26.98	29.44	44.02	47.68	52.02	01:22.0	01:28.9	01:37.0	02:42.4	02:55.9	03:11.9	04:55.9	05:20.6	05:49.7
T54	23.62	25.58	27.91	42.34	45.87	50.04	01:19.8	01:26.5	01:34.4	02:36.1	02:49.1	03:04.5	04:55.9	05:20.6	05:49.7
T60	19.74	21.38	23.33	41.63	45.10	49.20	01:43.2	01:51.8	02:02.0	04:00.8	04:20.8	04:44.5	08:19.1	09:00.7	09:49.8
T61	23.00	24.92	27.18	63.49	68.78	75.04	02:32.5	02:36.6	02:40.7	04:04.6	04:15.7	04:30.1			
T62	19.66	21.30	23.24	44.40	48.10	52.47	01:33.5	01:41.3	01:50.5	04:33.5	04:56.4	05:23.3	07:39.5	08:17.8	09:03.0
T63	22.45	24.32	26.53	48.82	52.88	57.69	02:09.4	02:20.2	02:33.0	08:28.8	08:47.9	09:08.3			
T64	19.48	21.10	23.02	40.18	43.53	47.49	01:31.2	01:38.8	01:47.8	03:38.9	03:57.1	04:18.7	07:39.5	08:17.8	09:03.0
T71	36.29	39.31	42.89												
T72	27.79	30.09	32.83												

2024 QRSS 10-19 Years Track & Field Championships

13-19 YEARS **FEMALE** MULTI-CLASS QUALIFYING STANDARDS – FIELD

	LONG JUMP		
Class	17-19 Yrs	15-16 Yrs	13-14 Yrs
T01	3.43	3.12	2.81
T11	3.00	2.73	2.46
T12	3.63	3.30	2.97
T13	3.23	2.94	2.65
T20	3.42	3.11	2.79
T21	1.94	1.76	1.58
T113	3.42	3.11	2.79
T31			
T32			
T33			
T34			
T35	1.46	1.33	1.20
T36	2.26	2.06	1.85
T37	2.87	2.61	2.35
T38	3.03	2.76	2.48
T40			
T41			
T42	2.22	2.02	1.81
T43	2.34	2.13	1.92
T44	2.47	2.25	2.02
T45	2.36	2.15	1.93
T46	3.31	3.01	2.70
T47	3.31	3.01	2.70
T51			
T52			
T53			
T54			
T55			
T56			
T57			
T60	2.73	2.48	2.23
T61	2.79	2.54	2.28
T62	2.87	2.61	2.34
T63	2.75	2.50	2.25
T64	3.38	3.07	2.76
T71			
T72			

2024 QRSS 10-19 Years Track & Field Championships

Class	SHOT PUT			DISCUS			JAVELIN		
	17-19 Yrs	15-16 Yrs	13-14 Yrs	17-19 Yrs	15-16 Yrs	13-14 Yrs	17-19 Yrs	15-16 Yrs	13-14 Yrs
F01	7.67	6.90	6.13	26.34	23.42	20.49	22.76	20.23	17.70
F11	8.66	7.79	6.93	18.19	16.17	14.15	17.38	15.45	13.52
F12	7.53	6.77	6.02	21.33	18.96	16.59	20.70	18.40	16.10
F13	6.53	5.87	5.22	20.10	17.87	15.63	20.06	17.83	15.60
F20	7.05	6.35	5.64	19.63	17.45	15.27	17.90	15.91	13.92
F21	3.75	3.38	3.00	8.14	7.24	6.33	9.14	8.12	7.11
F113	7.05	6.35	5.64	19.63	17.45	15.27	17.90	15.91	13.92
F31									
F32	3.52	3.17	2.82	6.29	5.59	4.89			
F33	3.91	3.51	3.12	9.32	8.28	7.25	7.65	6.80	5.95
F34	4.41	3.97	3.53	9.46	8.41	7.36	10.03	8.91	7.80
F35	6.96	6.26	5.56	14.36	12.77	11.17	12.80	11.38	9.95
F36	5.90	5.31	4.72	12.60	11.20	9.80	13.30	11.82	10.34
F37	7.75	6.98	6.20	17.23	15.32	13.40	17.04	15.14	13.25
F38	6.29	5.66	5.03	15.26	13.56	11.87	14.79	13.15	11.50
F40	4.56	4.10	3.64	11.09	9.86	8.63	10.52	9.35	8.18
F41	5.21	4.69	4.17	15.90	14.13	12.37	12.92	11.48	10.05
F42	4.50	4.05	3.60	14.83	13.18	11.53	14.18	12.60	11.03
F43	4.37	3.93	3.50	6.81	6.05	5.30	12.59	11.19	9.79
F44	6.57	5.91	5.26	20.04	17.81	15.59	19.40	17.25	15.09
F45	4.37	3.93	3.50	9.04	8.04	7.03	9.74	8.66	7.58
F46	6.24	5.61	4.99	18.95	16.85	14.74	20.58	18.29	16.01
F47									
F51				6.08	5.41	4.73			
F52	3.90	3.51	3.12	7.60	6.76	5.91	6.06	5.38	4.71
F53	2.94	2.65	2.35	7.32	6.50	5.69	5.34	4.75	4.15
F54	4.10	3.69	3.28	8.98	7.98	6.99	9.11	8.10	7.09
F55	4.53	4.08	3.62	12.51	11.12	9.73	12.18	10.83	9.47
F56	4.98	4.48	3.98	11.83	10.51	9.20	10.81	9.61	8.41
F57	5.58	5.02	4.46	16.09	14.30	12.52	11.68	10.38	9.08
F60	5.55	4.99	4.44	14.33	12.74	11.15	16.21	14.41	12.61
F61	5.28	4.75	4.22	15.68	13.94	12.20	14.18	12.60	11.03
F62	5.13	4.61	4.10	15.22	13.53	11.84	12.59	11.19	9.79
F63	5.03	4.53	4.02	14.94	13.28	11.62	7.08	6.30	5.51
F64	5.18	4.66	4.14	16.92	15.04	13.16	11.97	10.64	9.30

2024 QRSS 10-19 Years Track & Field Championships

10-12 YEARS MALE QUALIFYING STANDARDS

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

Event	10 Years	11 Years	12 Years
100m	14.23 (14.47)	13.85 (14.09)	13.11 (13.35)
200m	29.83 (30.07)	28.65 (28.89)	27.30 (27.54)
800m	2:38.0	2:32.0	2:23.0
1500m	5:17.0	5:04.0	4:55.0
Long Jump	3.89m	4.22m	4.65m
High Jump	1.20m	1.33m	1.38m
Shot Put	8.84m 2kg	10.58m 2kg	10.22m 3kg
Discus	26.81m 500g	26.55m 750g	30.93m 750g

10-12 YEARS FEMALE QUALIFYING STANDARDS

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

Event	10 Years	11 Years	12 Years
100m	14.69 (14.93)	14.03 (14.27)	13.59 (13.83)
200m	30.93 (31.17)	29.31 (29.55)	28.46 (28.7)
800m	2:47.0	2:39.0	2:32.0
1500m	5:38.0	5:25.0	5:15.0
Long Jump	3.74m	4.08m	4.37m
High Jump	1.18m	1.28m	1.38m
Shot Put	7.80m 2kg	9.05m 2kg	8.83m 3kg
Discus	21.96m 500g	22.20m 750g	25.96m 750g

Notes:

For all sprint events, 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 TR19 of the World Athletics Handbook.

2024 QRSS 10-19 Years Track & Field Championships

10-12 YEARS **MALE** MULTI-CLASS QUALIFYING STANDARDS

CLASS	100M			200M			800M			Long Jump		
	10 YEARS	11 YEARS	12 YEARS	10 YEARS	11 YEARS	12 YEARS	10 YEARS	11 YEARS	12 YEARS	10 YEARS	11 YEARS	12 YEARS
T01	00:25.53	00:22.67	00:20.42	00:52.87	00:46.95	00:42.30	04:34.25	04:03.53	03:39.40	2.78	3.18	3.57
T11	00:27.30	00:24.24	00:21.84	00:56.03	00:49.75	00:44.82	04:56.17	04:23.00	03:56.94	2.36	2.69	3.03
T12	00:26.12	00:23.20	00:20.90	00:53.88	00:47.84	00:43.10	04:35.05	04:04.24	03:40.04	2.61	2.99	3.36
T13	00:26.15	00:23.22	00:20.92	00:52.63	00:46.73	00:42.10	04:36.75	04:05.75	03:41.40	2.68	3.06	3.45
T20	00:26.65	00:23.67	00:21.32	00:53.62	00:47.62	00:42.90	04:34.77	04:04.00	03:39.82	2.67	3.06	3.44
T21	00:33.32	00:29.59	00:26.66	01:10.95	01:03.00	00:56.76	06:48.10	06:02.39	05:26.48	1.69	1.93	2.17
I13	00:26.65	00:23.67	00:21.32	00:53.62	00:47.62	00:42.90	04:34.77	04:04.00	03:39.82	2.67	3.06	3.44
T31												
T32	00:55.22	00:49.04	00:44.18	01:57.02	01:43.92	01:33.62						
T33	00:41.15	00:36.54	00:32.92	01:12.50	01:04.38	00:58.00	04:41.30	04:09.79	03:45.04			
T34	00:36.15	00:32.10	00:28.92	01:04.78	00:57.52	00:51.82	04:04.60	03:37.20	03:15.68			
T35	00:29.42	00:26.13	00:23.54	00:57.60	00:51.15	00:46.08	06:13.67	05:31.82	04:58.94	2.12	2.42	2.73
T36	00:29.30	00:26.02	00:23.44	00:58.80	00:52.21	00:47.04	05:05.98	04:31.71	04:04.78	2.08	2.37	2.67
T37	00:27.63	00:24.53	00:22.10	00:56.48	00:50.15	00:45.18	04:52.92	04:20.12	03:54.34	2.37	2.71	3.05
T38	00:26.85	00:23.84	00:21.48	00:54.55	00:48.44	00:43.64	04:54.45	04:21.47	03:55.56	2.50	2.85	3.21
T40	00:38.63	00:34.30	00:30.90	01:26.60	01:16.90	01:09.28						
T41	00:33.78	00:29.99	00:27.02	01:10.17	01:02.32	00:56.14						
T42	00:31.05	00:27.57	00:24.84	01:02.85	00:55.81	00:50.28	07:10.15	06:21.97	05:44.12	1.88	2.15	2.42
T43	00:29.28	00:26.00	00:23.42	01:00.12	00:53.39	00:48.10	06:08.40	05:27.14	04:54.72	2.24	2.56	2.88
T44	00:27.50	00:24.42	00:22.00	00:57.40	00:50.97	00:45.92	05:06.63	04:32.28	04:05.30	2.47	2.83	3.18
T45	00:27.35	00:24.29	00:21.88	00:54.78	00:48.64	00:43.82	04:58.25	04:24.85	03:58.60	2.24	2.56	2.88
T46	00:26.05	00:23.13	00:20.84	00:52.93	00:47.00	00:42.34	04:39.55	04:08.24	03:43.64	2.65	3.03	3.41
T47	00:26.05	00:23.13	00:20.84	00:52.93	00:47.00	00:42.34	04:39.55	04:08.24	03:43.64	2.65	3.03	3.41
T51	00:48.90	00:43.42	00:39.12	01:31.55	01:21.30	01:13.24	06:17.45	05:35.18	05:01.96			
T52	00:41.03	00:36.43	00:32.82	01:14.70	01:06.33	00:59.76	04:38.93	04:07.69	03:43.14			
T53	00:35.25	00:31.30	00:28.20	01:02.60	00:55.59	00:50.08	03:49.22	03:23.55	03:03.38			
T54	00:34.07	00:30.26	00:27.26	01:00.45	00:53.68	00:48.36	03:44.15	03:19.05	02:59.32			
T60	00:27.75	00:24.64	00:22.20	00:56.13	00:49.84	00:44.90	05:05.57	04:31.35	04:04.46	2.43	2.78	3.13
T61	00:30.62	00:27.19	00:24.50	00:57.35	00:50.93	00:45.88	04:22.47	03:53.08	03:29.98	2.26	2.59	2.91
T62	00:26.35	00:23.40	00:21.08	00:51.73	00:45.93	00:41.38	04:49.63	04:17.19	03:51.70	2.45	2.80	3.15
T63	00:29.87	00:26.53	00:23.90	01:04.52	00:57.30	00:51.62	07:10.15	06:21.97	05:44.12	2.53	2.90	3.26
T64	00:26.52	00:23.55	00:21.22	00:53.18	00:47.22	00:42.54	05:43.05	05:04.63	04:34.44	2.97	3.39	3.82
T71 (TR71)	00:57.68	00:51.22	00:46.14									
T72 (TR72)	00:40.63	00:36.08	00:32.50									

2024 QRSS 10-19 Years Track & Field Championships

10-12 YEARS **MALE** MULTI-CLASS QUALIFYING STANDARDS

CLASS	Shot Put			Discus		
	10 YEARS	11 YEARS	12 YEARS	10 YEARS	11 YEARS	12 YEARS
F01	6.09	6.96	7.83	21.76	24.86	27.97
F11	5.34	6.10	6.87	16.14	18.44	20.75
F12	5.96	6.81	7.66	18.38	21.00	23.63
F13	5.76	6.58	7.41	18.76	21.44	24.12
F20	6.05	6.92	7.78	16.05	18.34	20.63
F21	4.27	4.88	5.49	11.53	13.18	14.83
I13	6.05	6.92	7.78	16.05	18.34	20.63
F31						
F32	4.22	4.82	5.42	9.74	11.13	12.52
F33	4.33	4.94	5.56	10.90	12.46	14.01
F34	4.26	4.87	5.48	15.15	17.32	19.48
F35	6.06	6.93	7.79	18.95	21.65	24.36
F36	5.71	6.53	7.34	15.18	17.35	19.52
F37	6.13	7.01	7.88	20.91	23.90	26.89
F38	5.58	6.38	7.18	18.52	21.16	23.81
F40	3.85	4.40	4.95	9.87	11.28	12.69
F41	5.01	5.72	6.44	15.53	17.74	19.96
F42	6.13	7.01	7.88	18.95	21.66	24.36
F43	7.15	8.17	9.19	22.30	25.48	28.67
F44	5.51	6.29	7.08	22.49	25.70	28.92
F45	4.01	4.58	5.15	9.87	11.28	12.69
F46	5.88	6.72	7.56	18.42	21.06	23.69
F47						
F51				4.61	5.27	5.93
F52	4.11	4.70	5.28	8.33	9.52	10.71
F53	3.09	3.53	3.97	9.32	10.65	11.98
F54	3.99	4.56	5.13	11.79	13.47	15.16
F55	4.36	4.99	5.61	13.94	15.94	17.93
F56	4.72	5.40	6.07	16.34	18.67	21.01
F57	5.34	6.10	6.87	16.99	19.42	21.85
F60	4.39	5.02	5.64	13.47	15.39	17.32
F61	3.06	3.50	3.93	9.58	10.94	12.31
F62	3.06	3.50	3.93	9.58	10.94	12.31
F63	5.29	6.04	6.80	16.42	18.76	21.11
F64	6.43	7.35	8.27	23.05	26.34	29.64

2024 QRSS 10-19 Years Track & Field Championships

10-12 YEARS **FEMALE** MULTI-CLASS QUALIFYING STANDARDS

CLASS	100M			200M			800M			Long Jump		
	10 YEARS	11 YEARS	12 YEARS	10 YEARS	11 YEARS	12 YEARS	10 YEARS	11 YEARS	12 YEARS	10 YEARS	11 YEARS	12 YEARS
T01	00:29.28	00:26.00	00:23.42	01:01.08	00:54.23	00:48.86	05:18.75	04:43.05	04:15.00	2.18	2.50	2.81
T11	00:29.62	00:26.31	00:23.70	01:00.98	00:54.15	00:48.78	05:44.15	05:05.61	04:35.32	1.91	2.18	2.46
T12	00:28.50	00:25.31	00:22.80	00:57.58	00:51.13	00:46.06	05:12.40	04:37.41	04:09.92	2.31	2.64	2.97
T13	00:29.47	00:26.17	00:23.58	01:00.60	00:53.81	00:48.48	05:07.95	04:33.46	04:06.36	2.06	2.35	2.65
T20	00:29.78	00:26.44	00:23.82	01:02.53	00:55.52	00:50.02	05:19.35	04:43.58	04:15.48	2.17	2.48	2.79
T21	00:38.22	00:33.94	00:30.58	01:20.43	01:11.42	01:04.34	09:07.00	08:05.74	07:17.60	1.24	1.42	1.60
I13	00:29.78	00:26.44	00:23.82	01:02.53	00:55.52	00:50.02	05:19.35	04:43.58	04:15.48	2.17	2.48	2.79
T32	01:01.93	00:54.99	00:49.54	01:50.83	01:38.41	01:28.66						
T33	00:49.73	00:44.16	00:39.78	01:27.60	01:17.79	01:10.08	05:57.13	05:17.13	04:45.70			
T34	00:41.93	00:37.23	00:33.54	01:12.25	01:04.16	00:57.80	04:32.18	04:01.69	03:37.74			
T35	00:33.58	00:29.81	00:26.86	01:10.55	01:02.65	00:56.44	08:03.68	07:09.50	06:26.94	1.18	1.35	1.52
T36	00:34.20	00:30.37	00:27.36	01:10.53	01:02.63	00:56.42	06:49.13	06:03.30	05:27.30	1.49	1.70	1.91
T37	00:32.75	00:29.08	00:26.20	01:07.77	01:00.18	00:54.22	06:44.27	05:59.00	05:23.42	1.83	2.09	2.35
T38	00:30.95	00:27.48	00:24.76	01:04.80	00:57.54	00:51.84	06:10.10	05:28.65	04:56.08	1.93	2.20	2.48
T40	00:48.50	00:43.07	00:38.80	01:47.85	01:35.77	01:26.28						
T41	00:44.25	00:39.29	00:35.40	01:41.25	01:29.91	01:21.00						
T42	00:36.80	00:32.68	00:29.44	01:14.68	01:06.31	00:59.74	07:17.15	06:28.19	05:49.72	1.41	1.61	1.81
T43	00:34.30	00:30.46	00:27.44	01:10.03	01:02.18	00:56.02	10:21.73	09:12.09	08:17.38	1.49	1.70	1.92
T44	00:31.80	00:28.24	00:25.44	01:05.37	00:58.05	00:52.30	05:55.70	05:15.86	04:44.56	1.57	1.80	2.02
T45	00:35.00	00:31.08	00:28.00	01:11.45	01:03.45	00:57.16	05:31.05	04:53.97	04:24.84	1.50	1.72	1.93
T46	00:29.73	00:26.40	00:23.78	01:01.12	00:54.28	00:48.90	05:31.05	04:53.97	04:24.84	2.10	2.40	2.70
T47	00:29.73	00:26.40	00:23.78	01:01.12	00:54.28	00:48.90	05:31.05	04:53.97	04:24.84	2.10	2.40	2.70
T51	01:01.73	00:54.81	00:49.38	01:50.43	01:38.06	01:28.34	08:09.10	07:14.32	06:31.28			
T52	00:46.68	00:41.45	00:37.34	01:22.97	01:13.68	01:06.38	05:16.90	04:41.41	04:13.52			
T53	00:40.48	00:35.94	00:32.38	01:11.53	01:03.51	00:57.22	04:23.83	03:54.28	03:31.06			
T54	00:38.37	00:34.08	00:30.70	01:08.80	01:01.09	00:55.04	04:13.68	03:45.26	03:22.94			
T60	00:30.58	00:27.15	00:24.46	01:02.42	00:55.43	00:49.94	06:11.70	05:30.07	04:57.36	1.74	1.98	2.23
T61	00:37.37	00:33.19	00:29.90	01:34.95	01:24.32	01:15.96	05:37.68	04:59.86	04:30.14	1.86	2.13	2.39
T62	00:31.60	00:28.06	00:25.28	01:06.20	00:58.79	00:52.96	07:24.52	06:34.74	05:55.62	2.15	2.46	2.76
T63	00:36.47	00:32.39	00:29.18	01:14.18	01:05.87	00:59.34	11:32.40	10:14.85	09:13.92	1.77	2.02	2.28
T64	00:31.65	00:28.11	00:25.32	01:05.30	00:57.99	00:52.24	05:55.70	05:15.86	04:44.56	2.15	2.46	2.76
T71 (TR71)	00:58.97	00:52.37	00:47.18									
T72 (TR72)	00:42.68	00:37.90	00:34.14									

2024 QRSS 10-19 Years Track & Field Championships

10-12 YEARS **FEMALE** MULTI-CLASS QUALIFYING STANDARDS

CLASS	Shot Put			Discus		
	10 YEARS	11 YEARS	12 YEARS	10 YEARS	11 YEARS	12 YEARS
F01	5.37	6.13	6.90	20.49	23.42	26.34
F11	6.06	6.93	7.79	14.15	16.17	18.19
F12	5.27	6.02	6.77	16.59	18.96	21.33
F13	4.57	5.22	5.87	15.63	17.87	20.10
F20	4.94	5.64	6.35	15.27	17.45	19.63
F21	2.63	3.00	3.38	6.33	7.24	8.14
I13	4.94	5.64	6.35	15.27	17.45	19.63
F31						
F32	2.46	2.82	3.17	4.89	5.59	6.29
F33	2.73	3.12	3.51	7.92	9.05	10.18
F34	3.09	3.53	3.97	8.02	9.16	10.31
F35	4.87	5.56	6.26	11.17	12.77	14.36
F36	4.13	4.72	5.31	9.80	11.20	12.60
F37	5.43	6.20	6.98	13.40	15.32	17.23
F38	4.40	5.03	5.66	13.24	15.13	17.02
F40	3.27	3.74	4.21	8.86	10.12	11.39
F41	3.65	4.17	4.69	12.44	14.21	15.99
F42	4.07	4.66	5.24	12.80	14.62	16.45
F43	3.80	4.34	4.88	9.42	10.76	12.11
F44	4.60	5.26	5.91	15.59	17.81	20.04
F45	3.06	3.50	3.93	7.38	8.44	9.49
F46	4.66	5.33	5.99	14.74	16.85	18.95
F47						
F51				5.20	5.95	6.69
F52	3.07	3.51	3.95	6.09	6.96	7.83
F53	2.06	2.35	2.65	5.69	6.50	7.32
F54	2.87	3.28	3.69	6.99	7.98	8.98
F55	3.17	3.62	4.08	9.73	11.12	12.51
F56	3.48	3.98	4.48	9.20	10.51	11.83
F57	3.91	4.46	5.02	12.52	14.30	16.09
F60	3.88	4.44	4.99	11.15	12.74	14.33
F61	3.52	4.02	4.53	11.62	13.28	14.94
F62	3.71	4.24	4.77	12.39	14.16	15.93
F63	3.52	4.02	4.53	11.62	13.28	14.94
F64	3.90	4.46	5.02	13.16	15.04	16.92

2024 QRSS 10-19 Years Track & Field Championships

JUMP EVENTS STARTING HEIGHTS – MALE

	10 Years	11 Years	12 Years	13 Years	14 Years	15 Years	16 Years	17 Years	19 Years
High Jump	1.10 m	1.23 m	1.28 m	1.48 m	1.58 m	1.64 m	1.70 m	1.72 m	1.72 m
Pole Vault				2.00 m	2.00 m	2.00 m	2.00 m	2.00 m	2.00 m

JUMP EVENTS STARTING HEIGHTS – FEMALE

	10 Years	11 Years	12 Years	13 Years	14 Years	15 Years	16 Years	17 Years	19 Years
High Jump	1.08 m	1.18 m	1.28 m	1.37 m	1.40 m	1.40 m	1.40 m	1.40 m	1.40 m
Pole Vault				2.00 m	2.00 m	2.00 m	2.00 m	2.00 m	2.00 m