

# ATHLETICS AUSTRALIA

## 2019-20 AUSTRALIAN CHAMPIONSHIP ENTRY STANDARDS

Men	Open	Under 23	Under 20	Under 18	Under 17	Under 16	Under 15	Under 14
100 metres	10.84 (10.6)	10.94 (10.7)	10.94 (10.7)	11.24 (11.0)	11.34 (11.1)	11.74 (11.5)	11.84 (11.6)	12.84 (12.6)
200 metres	21.54 (21.3)	22.04 (21.8)	22.04 (21.8)	22.84 (22.6)	23.04 (22.8)	23.64 (23.4)	24.24 (24.0)	26.44 (26.2)
400 metres	48.34 (48.2)	48.84 (48.7)	49.84 (49.7)	51.14 (51.0)	52.14 (52.0)	54.14 (54.0)	55.64 (55.5)	60.94 (60.8)
800 metres	1:51.5	1:54.0	1:56.0	1:59.0	2:01.0	2:04.0	2:15.0	2:20.0
1500 metres	3:50.0	3:55.0	3:56.0	4:02.0	4:08.0	4:16.0	4:26.0	4:40.0
3000 metres	8:20.0			9:00.0	9:20.0	9:25.0	9:50.0	
5000 metres	14:25.0	15:30.0	15:35.0					
10000 metres	29:45.0	29:45.0						
90 m Hurdles								15.44 (15.2)
100 m Hurdles						15.44 (15.2)	16.44 (16.2)	
110 m Hurdles	15.54 (15.3)	16.94 (16.7)	17.24 (17.0)	16.74 (16.5)	17.24 (17.0)			
200 m Hurdles						30.24 (30.0)	31.54 (31.3)	
400 m Hurdles	54.34 (54.2)	58.14 (58.0)	60.14 (60.0)	61.64 (61.5)	62.64 (62.5)			
2000 m Steeple				6:45.0	6:50.0	6:50.0	7:15.0	
3000 m Steeple	9:05.0	10:00.0	10:20.0					
1500 m Walk								
3000 m Walk						16:30.0	17:00.0	17:30.0
5000 m Walk				29:30.0	30:30.0			
10,000 m Walk	52:00.0	52:00.0	58:00.0					
20km Walk	1:50:00	2:00:00						
High Jump	2.06	1.95	1.95	1.90	1.87	1.82	1.78	1.60
starting height	1.85	1.85	1.75	1.70	1.70	1.65	1.60	1.45
Pole Vault	4.80	4.60	3.80	3.20	3.00	2.40	2.20	2.00
starting height	4.60	4.60	3.50	2.90	2.70	2.10	1.90	1.70
Long Jump	7.30	7.00	7.00	6.70	6.60	6.20	5.90	5.30
Triple Jump	14.50	13.50	13.50	13.20	12.80	12.30	12.00	11.00
take-off board(s)	13m	11/13m	11/13m	11/13m	11/13m	9/11m	9/11m	9/11m
Shot Put	14.50	11.80	12.40	14.40	14.00	14.40	14.00	13.20
weight	7.26kg	7.26kg	6kg	5kg	5kg	4kg	4kg	3kg
Discus Throw	47.00	37.00	39.00	46.00	43.50	47.00	43.00	36.50
weight	2kg	2kg	1.75kg	1.5kg	1.5kg	1kg	1kg	1kg
Hammer Throw	50.00	35.00	36.50	40.00	37.00	32.00	28.00	28.00
weight	7.26kg	7.26kg	6kg	5kg	5kg	4kg	4kg	3kg
Javelin Throw	64.00	53.00	51.00	54.00	52.00	48.00	42.00	36.00
weight	800g	800g	800g	700g	700g	700g	700g	600g
Decathlon	6100	5800						
Combined Event			4600	4800	4800	3200	3000	

Hand times appear in brackets under the electronic times

The qualifying period for the Combined Events and 10,000mW began on October 1 2019. 10,000mW way qualify on track or road.

The qualifying period for all other events began on January 1 2019

Under 23 standards are for athletes to qualify in open events and only apply to athletes born in 1999, 2000 and 2001

There must be three (3) or more entries at the time of close of entries for an event to be contested in its own right

Athletes eligible for U14 competition are not permitted to enter Steeplechase events

The first two placegetters in their own State Championships may also enter without meeting the standards above

Note: In Under 14/15/16 events of 1,500 metres or longer, if more entries are received than can be accommodated in one race, those athletes who qualified by State Championship place and those with the slower entry times (only if not sufficient by previous criteria) may be placed in a "B" division and the results of the event determined on a timed finals basis.

# ATHLETICS AUSTRALIA

## 2019-20 AUSTRALIAN CHAMPIONSHIP ENTRY STANDARDS

Women	Open	Under 23	Under 20	Under 18	Under 17	Under 16	Under 15	Under 14
100 metres	12.44 (12.2)	12.44 (12.2)	12.44 (12.2)	12.54 (12.3)	12.64 (12.4)	12.74 (12.5)	12.84 (12.6)	13.44 (13.2)
200 metres	25.14 (24.9)	25.44 (25.2)	25.44 (25.2)	25.74 (25.5)	25.84 (25.6)	26.04 (25.8)	26.24 (26.0)	27.74 (27.5)
400 metres	56.64 (56.5)	57.94 (57.8)	58.34 (58.2)	59.14 (59.0)	59.54 (59.4)	59.94 (69.8)	61.14 (61.0)	63.44 (63.3)
800 metres	2:10.0	2:15.0	2:16.0	2:19.0	2:20.0	2:22.0	2:24.0	2:26.0
1500 metres	4:40.0	4:42.0	4:40.0	4:46.0	4:46.0	4:48.0	4:50.0	5:00.0
3000 metres	9:55.0			10:45.0	10:50.0	10:55.0	10:55.0	
5000 metres	17:10.0	17:40.0	18:30.0					
10000 metres	35:30.0	35:30.0						
80 m Hurdles								13.84 (13.6)
90 m Hurdles						14.64 (14.4)	15.04 (14.8)	
100 m Hurdles	15.84 (15.6)	16.04 (15.8)	16.24 (16.0)	16.24 (16.0)	16.34 (16.1)			
200 m Hurdles						31.24 (31.0)	32.24 (32.0)	
400 m Hurdles	64.14 (64.0)	67.14 (67.0)	71.14 (71.0)	72.14 (72.0)	73.14 (73.0)			
2000 m Steeple				7:50.0	7:55.0	8:00.0	8:15.0	
3000 m Steeple	12:10.0	12:45.0	12:55.0					
1500 m Walk								
3000 m Walk						16:40.0	17:00.0	17:30.0
5000 m Walk				32:00.0	32:00.0			
10,000 m Walk	58:00.0	58:00.0	62:00.0					
20km Walk	2:00:00	2:10:00						
High Jump	1.73	1.66	1.65	1.63	1.63	1.62	1.60	1.55
starting height	1.65	1.65	1.50	1.50	1.50	1.45	1.45	1.40
Pole Vault	3.70	3.50	3.20	2.70	2.50	2.30	2.20	2.00
starting height	3.40	3.40	2.90	2.40	2.20	2.00	1.90	1.70
Long Jump	5.85	5.80	5.80	5.60	5.50	5.30	5.20	4.90
Triple Jump	11.60	11.50	11.50	11.30	11.30	11.00	10.80	10.50
take-off board(s)	11m	11m	11m	9/11m	9/11m	9/11m	9/11m	9/11m
Shot Put	12.50	11.50	11.20	12.65	12.40	12.00	11.50	10.50
weight	4kg	4kg	4kg	3kg	3kg	3kg	3kg	3kg
Discus Throw	44.00	40.00	39.00	39.00	37.00	36.00	34.00	30.00
weight	1kg	1kg	1kg	1kg	1kg	1kg	1kg	1kg
Hammer Throw	42.00	35.00	33.00	36.00	33.00	31.00	28.50	26.00
weight	4kg	4kg	4kg	3kg	3kg	3kg	3kg	3kg
Javelin Throw	42.00	40.00	40.00	42.00	40.00	38.00	33.00	30.00
weight	600g	600g	600g	500g	500g	500g	500g	400g
Heptathlon	4100	4100	3600	3400	3200	3200	3200	

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