



**MINIMUM QUALIFYING STANDARDS FOR ASA SUB-YOUTH, YOUTH AND JUNIOR CHAMPIONSHIPS**

<b>Sub-youth (boys 16) Inland/Coast</b>	<b>Youth (boys 18) Inland/Coast</b>	<b>Junior (boys 20) Inland/Coast</b>	<b>Event</b>	<b>Junior (girls 20) Inland/Coast</b>	<b>Youth (girls 18) Inland/Coast</b>	<b>Sub-youth. (girls 16) Inland/Coast</b>
11.60/11.70	11.05/11.15	10.80/10.90	100m	12.65/12.75	12.70/12.80	12.85/12.95
23.50/23.60	22.40/22.50	22.15/22.25	200m	25.90/26.00	26.00/26.10	26.50/26.60
54.50	51.00	50.00	400m	59.80	60.40	61.70
2:07.00	2:01.00	1:58.00	800m	2:20.50	2:21.50	2:23.50
4:28.00/4:23.00	4:11.00/4:07.00	4:05.00/4:01.00	1500m	4:57.00/4:52.00	4:58.00/4:53.00	5:00.00/4:55.00
9:30.00/9:20.00	9:15.00/9:05.00	9:05.00/8:55.00	3000m	10:55.00/10:43.00	10:58.00/10:46.00	11:05.00/10:53.00
		15:55.00/15:40.00	5000m	20:45.00/20:25.00		
5:05.00/5:00.00			1500m SC			6:25.00/6:18.00
	6:40.00/6:33.00		2000m SC		8:20.00/8:10.00	
		10:45.00/10:35.00	3000m SC	13:25.00/13:10.00		
			90mH			14.00/14.10
14.00/14.10			100mH	15.85/15.95	15.10/15.20	
	15.00/15.10	15.30/15.40	110m H			
42.40			300mH			47.40
	55.65	56.70	400mH	66.55	66.85	
29:45.0/29:00.0			5000m Walk		30:45.0/30:00.0	31:45.0/31:00.0
	57:30/56:00.0	55:50.0/54:20.0	10000m Walk	67:00.0/65:30.0		
6.10	6.60	6.75	Long Jump	5.20	5.15	5.00
13.10	13.50	13.90	Triple Jump	10.80	10.50	10.20
1.86	1.90	1.93	High Jump	1.55	1.54	1.53
3.40	3.70	3.80	Pole Vault	2.70	2.50	2.40
14.50	15.50	14.90	Shot Put	11.40	12.60	12.30
43.00	46.00	45.00	Discus Throw	37.00	36.00	34.00
38.00	46.00	50.00	Hammer Throw	40.00	42.00	37.00
50.00	56.80	56.00	Javelin Throw	39.50	40.00	37.50
2800			Pentathlon			2800
	4200		Heptathlon	3600	3400	
		4500	Decathlon			



**MINIMUM QUALIFYING STANDARDS FOR ASA U/23 CHAMPIONSHIPS**

<b>QUALIFYING STANDARD U/23 MEN AND WOMEN</b>		
<b>Inland/Coast</b>		
<b>MEN Inland/Coast</b>	<b>EVENT</b>	<b>WOMEN Inland/Coast</b>
10.70/10.80	100m	12.50/12.60
21.80/21.90	200m	25.50/25.60
49.00	400m	58.90
1:55.00	800m	2:17.00
3:59.50/3:55.50	1500m	4:52.00/4:48.00
15:00.00/14:45.00	5000m	18:30.00/18:15.00
32:10.00/31:30.00	10 000m	40:50.00/39:50.00
10:10.00/9:55.00	3000m St/C	13:17.00/13:05.00
	100mH	15.15/15.25
15.75/15.85	110mH	
55.00	400mH	1:04.50
1.95m	High Jump	1.60m
4.00m	Pole vault	2.90m
6.90m	Long Jump	5.30m
14.00m	Triple Jump	11.00m
14.50m	Shot Put	11.70m
43.50m	Discus Throw	41.00m
48.00m	Hammer Throw	44.00m
57.50m	Javelin Throw	40.00m
4 800 Points	Decathlon	
	Heptathlon	3 900 Points
55.30.00/54:00.00	10 000m Walk	1h06:30.00/1h05:00.00



**MINIMUM QUALIFYING STANDARDS FOR ASA SENIOR CHAMPIONSHIPS**

<b>QUALIFYING STANDARD SNR MEN AND WOMEN</b>		
<b>Inland/Coast</b>		
<b>MEN Inland/Coast</b>	<b>EVENT</b>	<b>WOMEN Inland/Coast</b>
10.50/10.60	100m	12.20/12.30
21.25/21.35	200m	25.00/25.10
48.10	400m	57.50
1:51.70	800m	2:14.60
3:55.50/3:52.00	1500m	4:50.00/4:45.00
14:45.00/14:30.00	5000m	18:16.00/18:00.00
31:50.00/31:15.00	10 000m	40:30.00/39:30.00
9:55.00/9:45.00	3000m St/C	13:12.00/13:00.00
	100mH	14.95/15.05
15.45/15.55	110mH	
54.00	400mH	1:03.60
1.98m	High Jump	1.62m
4.20m	Pole vault	3.00m
7.10m	Long Jump	5.50m
14.10m	Triple Jump	11.10m
14.80m	Shot Put	11.80m
45.00m	Discus Throw	42.00m
50.00m	Hammer Throw	46.00m
59.00m	Javelin Throw	40.50m
5 000 Points	Decathlon	
	Heptathlon	4 000 Points
1h:50.00/1h48:00.00	20km Walk	2h05:00.00/2h03:00.00