

Track & Field 2010-Qualifying Distances & Times.

High Jump: Starting heights

Girls	Boys
10yrs - 1.00m	10yrs - 1.00m
11yrs - 1.05m	11yrs - 1.10m
12yrs - 1.10m	12yrs - 1.20m
13yrs - 1.10m	13yrs - 1.20m

Increments:

Number of competitors remaining	Increment
More than 15	8cm
10 -15	5cm
Less than 10	3cm

Long Jump:

Girls	Boys
10yrs - 3.20m	10yrs - 3.80m
11yrs - 3.40m	11yrs - 4.00m
12yrs - 3.80m	12yrs - 4.30m
13yrs - 3.70m	13yrs - 4.15m

Shot Put:

Girls	Boys
10yrs - 6.00m	10yrs - 7.50m
11yrs - 6.25m	11yrs - 8.00m
12yrs - 6.50m	12yrs - 8.30m
13yrs - 6.50m	13yrs - 8.30m

800m Qualifying Times:

10yrs Boys - 3min
10yrs Girls - 3m 20 secs

11yrs Boys - 2m 55 secs
11yrs Girls - 3m 5 secs

12/13yrs Boys - 2m 45secs
12/13yrs Girls - 3min

Schools need to be strict with these qualifying marks. This is a selection trial to represent the district. The 'have-a-go' competitions are to be held at school. If the top athlete only just manages the qualifying mark schools need to remember that this is the minimum standard.

Richard Kneipp
District T & F Convener