

*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.*

### 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         |
|------------------|------------------|------------------|------------------|
| <b>100m</b>      | 13.89<br>(14.13) | 13.38<br>(13.62) | 12.83<br>(13.07) |
| <b>200m</b>      | 29.32<br>(29.56) | 28.14<br>(28.38) | 26.72<br>(26.96) |
| <b>800m</b>      | 2:34.0           | 2:29.0           | 2:21.0           |
| <b>1500m</b>     | 5:13.0           | 4:59.0           | 4:50.0           |
| <b>Long Jump</b> | 4.03m            | 4.26m            | 4.73m            |
| <b>High Jump</b> | 1.28m            | 1.39m            | 1.48             |
| <b>Shot Put</b>  | 9.07m<br>2kg     | 10.83m<br>2kg    | 10.89m<br>3kg    |
| <b>Discus</b>    | 28.25m<br>500g   | 28.44m<br>750g   | 33.50<br>750g    |

### 10-12 YEARS FEMALE QUALIFYING STANDARDS

| Event            | 10 Years         | 11 Years         | 12 Years         |
|------------------|------------------|------------------|------------------|
| <b>100m</b>      | 14.26<br>(14.50) | 13.63<br>(13.87) | 13.14<br>(13.38) |
| <b>200m</b>      | 30.52<br>(30.76) | 28.97<br>(29.11) | 27.84<br>(28.08) |
| <b>800m</b>      | 2:42.0           | 2:37.0           | 2:29.0           |
| <b>1500m</b>     | 5:37.0           | 5:19.0           | 5:05.0           |
| <b>Long Jump</b> | 3.82m            | 4.15m            | 4.48m            |
| <b>High Jump</b> | 1.24m            | 1.34m            | 1.41m            |
| <b>Shot Put</b>  | 8.06m<br>2kg     | 9.53m<br>2kg     | 8.83m<br>3kg     |
| <b>Discus</b>    | 23.37m<br>500g   | 25.28m<br>750g   | 27.85m<br>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.

**JUMP EVENTS STARTING HEIGHTS – MALE**

|                   | 10 Years | 11 Years | 12 Years | 13 Years | 14 Years | 15 Years | 16 Years | 17 Years | 19 Years |
|-------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| <b>High Jump</b>  | 1.20 m   | 1.31 m   | 1.40 m   | 1.50 m   | 1.60 m   | 1.66 m   | 1.72 m   | 1.74 m   | 1.74 m   |
| <b>Pole Vault</b> |          |          |          | 2.10 m   | 2.10 m   | 2.10 m   | 2.50 m   | 2.50 m   | 2.80 m   |

**JUMP EVENTS STARTING HEIGHTS – FEMALE**

|                   | 10 Years | 11 Years | 12 Years | 13 Years | 14 Years | 15 Years | 16 Years | 17 Years | 19 Years |
|-------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| <b>High Jump</b>  | 1.16 m   | 1.26 m   | 1.33 m   | 1.39 m   | 1.42 m   | 1.42 m   | 1.42 m   | 1.42 m   | 1.42 m   |
| <b>Pole Vault</b> |          |          |          | 2.00 m   | 2.00 m   | 2.00 m   | 2.00 m   | 2.00 m   | 2.00 m   |

## 10-12 YEARS MALE MULTI-CLASS QUALIFYING STANDARDS - TRACK

|     | 100 M    |          |          | 200M     |          |          |
|-----|----------|----------|----------|----------|----------|----------|
|     | 10 YEARS | 11 YEARS | 12 YEARS | 10 YEARS | 11 YEARS | 12 YEARS |
| T01 | 00:25.53 | 00:22.97 | 00:20.42 | 00:52.87 | 00:47.59 | 00:42.30 |
| T11 | 00:27.30 | 00:24.57 | 00:21.84 | 00:56.03 | 00:50.42 | 00:44.82 |
| T12 | 00:26.12 | 00:23.51 | 00:20.90 | 00:53.88 | 00:48.49 | 00:43.10 |
| T13 | 00:26.15 | 00:23.54 | 00:20.92 | 00:52.63 | 00:47.36 | 00:42.10 |
| T20 | 00:26.65 | 00:23.99 | 00:21.32 | 00:53.62 | 00:48.26 | 00:42.90 |
| T21 | 00:32.00 | 00:28.80 | 00:25.60 | 01:08.75 | 01:01.88 | 00:55.00 |
| II3 | 00:28.48 | 00:25.63 | 00:22.78 | 00:58.60 | 00:52.74 | 00:46.88 |
| T32 | 00:55.22 | 00:49.70 | 00:44.18 | 01:57.02 | 01:45.32 | 01:33.62 |
| T33 | 00:41.15 | 00:37.04 | 00:32.92 | 01:12.50 | 01:05.25 | 00:58.00 |
| T34 | 00:36.15 | 00:32.53 | 00:28.92 | 01:04.78 | 00:58.30 | 00:51.82 |
| T35 | 00:29.42 | 00:26.48 | 00:23.54 | 00:57.60 | 00:51.84 | 00:46.08 |
| T36 | 00:29.30 | 00:26.37 | 00:23.44 | 00:58.80 | 00:52.92 | 00:47.04 |
| T37 | 00:27.63 | 00:24.86 | 00:22.10 | 00:56.48 | 00:50.83 | 00:45.18 |
| T38 | 00:26.85 | 00:24.16 | 00:21.48 | 00:54.55 | 00:49.10 | 00:43.64 |
| T40 | 00:37.37 | 00:33.64 | 00:29.90 | 01:21.00 | 01:12.90 | 01:04.80 |
| T41 | 00:33.13 | 00:29.81 | 00:26.50 | 01:08.00 | 01:01.20 | 00:54.40 |
| T42 | 00:31.05 | 00:27.94 | 00:24.84 | 01:02.85 | 00:56.57 | 00:50.28 |
| T43 | 00:29.28 | 00:26.35 | 00:23.42 | 01:00.12 | 00:54.11 | 00:48.10 |
| T44 | 00:27.50 | 00:24.75 | 00:22.00 | 00:57.40 | 00:51.66 | 00:45.92 |
| T45 | 00:27.35 | 00:24.61 | 00:21.88 | 00:54.78 | 00:49.30 | 00:43.82 |
| T46 | 00:26.05 | 00:23.44 | 00:20.84 | 00:52.93 | 00:47.63 | 00:42.34 |
| T47 | 00:26.05 | 00:23.44 | 00:20.84 | 00:52.93 | 00:47.63 | 00:42.34 |
| T51 | 00:48.90 | 00:44.01 | 00:39.12 | 01:31.55 | 01:22.39 | 01:13.24 |
| T52 | 00:41.03 | 00:36.92 | 00:32.82 | 01:14.70 | 01:07.23 | 00:59.76 |
| T53 | 00:35.25 | 00:31.72 | 00:28.20 | 01:02.60 | 00:56.34 | 00:50.08 |
| T54 | 00:34.07 | 00:30.67 | 00:27.26 | 01:00.45 | 00:54.40 | 00:48.36 |
| T60 | 00:27.75 | 00:24.98 | 00:22.20 | 00:56.13 | 00:50.51 | 00:44.90 |
| T61 | 00:30.62 | 00:27.56 | 00:24.50 | 00:57.35 | 00:51.62 | 00:45.88 |
| T62 | 00:26.35 | 00:23.71 | 00:21.08 | 00:51.73 | 00:46.55 | 00:41.38 |
| T63 | 00:29.87 | 00:26.89 | 00:23.90 | 01:04.52 | 00:58.07 | 00:51.62 |
| T64 | 00:26.52 | 00:23.87 | 00:21.22 | 00:53.18 | 00:47.86 | 00:42.54 |
| T71 | 00:57.03 | 00:51.32 | 00:45.62 | 01:53.75 | 01:42.37 | 01:31.00 |
| T72 | 00:37.30 | 00:33.57 | 00:29.84 | 01:16.02 | 01:08.42 | 01:00.82 |

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

|     | 800M     |          |          | Long Jump |          |          |
|-----|----------|----------|----------|-----------|----------|----------|
|     | 10 YEARS | 11 YEARS | 12 YEARS | 10 YEARS  | 11 YEARS | 12 YEARS |
| T01 | 04:34.25 | 04:06.83 | 03:39.40 | 1.99      | 2.18     | 2.38     |
| T11 | 04:56.17 | 04:26.56 | 03:56.94 | 1.68      | 1.85     | 2.02     |
| T12 | 04:35.05 | 04:07.55 | 03:40.04 | 1.87      | 2.05     | 2.24     |
| T13 | 04:36.75 | 04:09.07 | 03:41.40 | 1.92      | 2.11     | 2.30     |
| T20 | 04:34.77 | 04:07.30 | 03:39.82 | 1.91      | 2.10     | 2.29     |
| T21 | 06:27.50 | 05:48.75 | 05:10.00 | 1.21      | 1.33     | 1.45     |
| II3 | 05:11.92 | 04:40.73 | 04:09.54 | 1.52      | 1.67     | 1.82     |
| T32 |          |          |          |           |          |          |
| T33 | 04:41.30 | 04:13.17 | 03:45.04 |           |          |          |
| T34 | 04:04.60 | 03:40.14 | 03:15.68 |           |          |          |
| T35 | 06:03.88 | 05:27.49 | 04:51.10 | 1.52      | 1.67     | 1.82     |
| T36 | 05:05.98 | 04:35.38 | 04:04.78 | 1.51      | 1.66     | 1.82     |
| T37 | 04:52.92 | 04:23.63 | 03:54.34 | 1.69      | 1.86     | 2.03     |
| T38 | 04:49.38 | 04:20.44 | 03:51.50 | 1.83      | 2.01     | 2.19     |
| T40 |          |          |          |           |          |          |
| T41 |          |          |          |           |          |          |
| T42 | 07:10.15 | 06:27.14 | 05:44.12 | 1.42      | 1.56     | 1.70     |
| T43 | 06:08.40 | 05:31.56 | 04:54.72 | 1.60      | 1.76     | 1.92     |
| T44 | 05:06.63 | 04:35.96 | 04:05.30 | 1.77      | 1.94     | 2.12     |
| T45 | 04:58.25 | 04:28.43 | 03:58.60 | 1.60      | 1.76     | 1.92     |
| T46 | 04:39.55 | 04:11.60 | 03:43.64 | 1.90      | 2.08     | 2.27     |
| T47 |          |          |          | 1.90      | 2.08     | 2.27     |
| T51 | 06:17.45 | 05:39.70 | 05:01.96 |           |          |          |
| T52 | 04:38.93 | 04:11.03 | 03:43.14 |           |          |          |
| T53 | 03:49.22 | 03:26.30 | 03:03.38 |           |          |          |
| T54 | 03:44.15 | 03:21.74 | 02:59.32 |           |          |          |
| T60 | 05:05.57 | 04:35.02 | 04:04.46 | 1.74      | 1.91     | 2.09     |
| T61 | 04:22.47 | 03:56.23 | 03:29.98 | 1.62      | 1.78     | 1.94     |
| T62 | 04:49.63 | 04:20.66 | 03:51.70 | 1.75      | 1.93     | 2.10     |
| T63 | 07:10.15 | 06:27.14 | 05:44.12 | 1.81      | 1.99     | 2.17     |
| T64 | 05:43.05 | 05:08.74 | 04:34.44 | 2.12      | 2.33     | 2.54     |
| T71 |          |          |          |           |          |          |
| T72 |          |          |          |           |          |          |

## 10-12 YEARS MALE MULTI-CLASS QUALIFYING STANDARDS - FIELD

|     | Shot Put |          |          | Discus   |          |          |
|-----|----------|----------|----------|----------|----------|----------|
|     | 10 YEARS | 11 YEARS | 12 YEARS | 10 YEARS | 11 YEARS | 12 YEARS |
| F01 | 4.35     | 4.79     | 5.22     | 15.54    | 17.09    | 18.65    |
| F11 | 3.82     | 4.20     | 4.58     | 11.53    | 12.68    | 13.83    |
| F12 | 4.26     | 4.68     | 5.11     | 13.13    | 14.44    | 15.75    |
| F13 | 4.12     | 4.53     | 4.94     | 13.40    | 14.74    | 16.08    |
| F20 | 4.32     | 4.75     | 5.19     | 11.46    | 12.61    | 13.76    |
| F21 | 3.20     | 3.52     | 3.84     | 9.88     | 10.86    | 11.85    |
| II3 | 2.75     | 3.03     | 3.30     | 7.57     | 8.33     | 9.08     |
| F31 |          |          |          |          |          |          |
| F32 | 3.01     | 3.31     | 3.62     | 6.96     | 7.65     | 8.35     |
| F33 | 3.09     | 3.40     | 3.71     | 7.79     | 8.56     | 9.34     |
| F34 | 3.04     | 3.35     | 3.65     | 10.82    | 11.90    | 12.99    |
| F35 | 4.33     | 4.76     | 5.20     | 13.53    | 14.89    | 16.24    |
| F36 | 4.08     | 4.49     | 4.90     | 10.85    | 11.93    | 13.01    |
| F37 | 4.38     | 4.82     | 5.26     | 14.94    | 16.43    | 17.93    |
| F38 | 3.99     | 4.39     | 4.79     | 13.23    | 14.55    | 15.87    |
| F40 | 2.75     | 3.03     | 3.30     | 7.05     | 7.75     | 8.46     |
| F41 | 3.58     | 3.94     | 4.29     | 11.09    | 12.20    | 13.31    |
| F42 | 4.38     | 4.82     | 5.26     | 13.54    | 14.89    | 16.24    |
| F43 | 5.11     | 5.62     | 6.13     | 15.93    | 17.52    | 19.11    |
| F44 | 3.93     | 4.33     | 4.72     | 16.07    | 17.67    | 19.28    |
| F45 | 2.86     | 3.15     | 3.44     | 7.05     | 7.76     | 8.46     |
| F46 | 4.20     | 4.62     | 5.04     | 13.16    | 14.48    | 15.79    |
| F47 |          |          |          |          |          |          |
| F51 |          |          |          | 3.29     | 3.62     | 3.95     |
| F52 | 2.94     | 3.23     | 3.52     | 5.95     | 6.55     | 7.14     |
| F53 | 2.21     | 2.43     | 2.65     | 6.66     | 7.32     | 7.99     |
| F54 | 2.85     | 3.14     | 3.42     | 8.42     | 9.26     | 10.10    |
| F55 | 3.12     | 3.43     | 3.74     | 9.96     | 10.96    | 11.95    |
| F56 | 3.37     | 3.71     | 4.05     | 11.67    | 12.84    | 14.00    |
| F57 | 3.82     | 4.20     | 4.58     | 12.14    | 13.35    | 14.57    |
| F60 | 3.14     | 3.45     | 3.76     | 9.62     | 10.58    | 11.54    |
| F61 | 2.19     | 2.40     | 2.62     | 6.84     | 7.52     | 8.21     |
| F62 | 2.19     | 2.40     | 2.62     | 6.84     | 7.52     | 8.21     |
| F63 | 3.78     | 4.15     | 4.53     | 11.73    | 12.90    | 14.07    |
| F64 | 4.60     | 5.05     | 5.51     | 16.47    | 18.11    | 19.76    |

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

|     | 100 M    |          |          | 200M     |          |          |
|-----|----------|----------|----------|----------|----------|----------|
|     | 10 YEARS | 11 YEARS | 12 YEARS | 10 YEARS | 11 YEARS | 12 YEARS |
| T01 | 00:29.28 | 00:26.35 | 00:23.42 | 01:01.08 | 00:54.97 | 00:48.86 |
| T11 | 00:29.62 | 00:26.66 | 00:23.70 | 01:00.98 | 00:54.88 | 00:48.78 |
| T12 | 00:28.50 | 00:25.65 | 00:22.80 | 00:57.58 | 00:51.82 | 00:46.06 |
| T13 | 00:29.47 | 00:26.53 | 00:23.58 | 01:00.60 | 00:54.54 | 00:48.48 |
| T20 | 00:29.78 | 00:26.80 | 00:23.82 | 01:02.53 | 00:56.27 | 00:50.02 |
| T21 | 00:38.22 | 00:34.40 | 00:30.58 | 01:20.43 | 01:12.38 | 01:04.34 |
| U3  | 00:32.02 | 00:28.82 | 00:25.62 | 01:08.38 | 01:01.54 | 00:54.70 |
| T32 | 01:01.93 | 00:55.73 | 00:49.54 | 01:50.83 | 01:39.74 | 01:28.66 |
| T33 | 00:49.73 | 00:44.75 | 00:39.78 | 01:27.60 | 01:18.84 | 01:10.08 |
| T34 | 00:41.93 | 00:37.73 | 00:33.54 | 01:12.25 | 01:05.03 | 00:57.80 |
| T35 | 00:33.58 | 00:30.22 | 00:26.86 | 01:10.55 | 01:03.50 | 00:56.44 |
| T36 | 00:34.20 | 00:30.78 | 00:27.36 | 01:10.53 | 01:03.47 | 00:56.42 |
| T37 | 00:32.75 | 00:29.47 | 00:26.20 | 01:07.77 | 01:01.00 | 00:54.22 |
| T38 | 00:30.95 | 00:27.85 | 00:24.76 | 01:04.80 | 00:58.32 | 00:51.84 |
| T40 | 00:45.25 | 00:40.72 | 00:36.20 | 01:38.75 | 01:28.87 | 01:19.00 |
| T41 | 00:41.25 | 00:37.13 | 00:33.00 | 01:33.50 | 01:24.15 | 01:14.80 |
| T42 | 00:36.80 | 00:33.12 | 00:29.44 | 01:14.68 | 01:07.21 | 00:59.74 |
| T43 | 00:34.30 | 00:30.87 | 00:27.44 | 01:10.03 | 01:03.02 | 00:56.02 |
| T44 | 00:31.80 | 00:28.62 | 00:25.44 | 01:05.37 | 00:58.84 | 00:52.30 |
| T45 | 00:35.00 | 00:31.50 | 00:28.00 | 01:11.45 | 01:04.31 | 00:57.16 |
| T46 | 00:29.73 | 00:26.75 | 00:23.78 | 01:01.12 | 00:55.01 | 00:48.90 |
| T47 | 00:29.73 | 00:26.75 | 00:23.78 | 01:01.12 | 00:55.01 | 00:48.90 |
| T51 | 01:01.73 | 00:55.55 | 00:49.38 | 01:50.43 | 01:39.38 | 01:28.34 |
| T52 | 00:46.68 | 00:42.01 | 00:37.34 | 01:22.97 | 01:14.68 | 01:06.38 |
| T53 | 00:40.48 | 00:36.43 | 00:32.38 | 01:11.53 | 01:04.37 | 00:57.22 |
| T54 | 00:38.37 | 00:34.54 | 00:30.70 | 01:08.80 | 01:01.92 | 00:55.04 |
| T60 | 00:30.58 | 00:27.52 | 00:24.46 | 01:02.42 | 00:56.18 | 00:49.94 |
| T61 | 00:37.37 | 00:33.64 | 00:29.90 | 01:34.95 | 01:25.45 | 01:15.96 |
| T62 | 00:31.60 | 00:28.44 | 00:25.28 | 01:06.20 | 00:59.58 | 00:52.96 |
| T63 | 00:36.47 | 00:32.83 | 00:29.18 | 01:14.68 | 01:07.21 | 00:59.74 |
| T64 | 00:31.65 | 00:28.48 | 00:25.32 | 01:05.30 | 00:58.77 | 00:52.24 |
| T71 | 00:51.45 | 00:46.31 | 00:41.16 | 02:00.95 | 01:48.86 | 01:36.76 |
| T72 | 00:42.68 | 00:38.41 | 00:34.14 | 01:28.87 | 01:19.99 | 01:11.10 |

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

|     | 800M     |          |          | Long Jump |          |          |
|-----|----------|----------|----------|-----------|----------|----------|
|     | 10 YEARS | 11 YEARS | 12 YEARS | 10 YEARS  | 11 YEARS | 12 YEARS |
| T01 | 05:18.75 | 04:46.88 | 04:15.00 | 1.56      | 1.72     | 1.87     |
| T11 | 05:44.15 | 05:09.73 | 04:35.32 | 1.37      | 1.50     | 1.64     |
| T12 | 05:12.40 | 04:41.16 | 04:09.92 | 1.65      | 1.82     | 1.98     |
| T13 | 05:07.95 | 04:37.16 | 04:06.36 | 1.47      | 1.62     | 1.76     |
| T20 | 05:19.35 | 04:47.41 | 04:15.48 | 1.55      | 1.71     | 1.86     |
| T21 | 07:35.00 | 06:49.50 | 06:04.00 | 0.89      | 0.98     | 1.07     |
| II3 | 07:18.52 | 06:34.67 | 05:50.82 | 1.04      | 1.15     | 1.25     |
| T32 |          |          |          |           |          |          |
| T33 | 05:57.13 | 05:21.41 | 04:45.70 |           |          |          |
| T34 | 04:32.18 | 04:04.96 | 03:37.74 |           |          |          |
| T35 | 08:03.68 | 07:15.31 | 06:26.94 | 0.81      | 0.89     | 0.98     |
| T36 | 06:49.13 | 06:08.21 | 05:27.30 | 1.03      | 1.13     | 1.23     |
| T37 | 06:44.27 | 06:03.85 | 05:23.42 | 1.36      | 1.50     | 1.64     |
| T38 | 06:10.10 | 05:33.09 | 04:56.08 | 1.46      | 1.60     | 1.75     |
| T40 |          |          |          |           |          |          |
| T41 |          |          |          |           |          |          |
| T42 | 07:42.50 | 06:56.25 | 06:10.00 | 1.03      | 1.14     | 1.24     |
| T43 | 06:47.50 | 06:06.75 | 05:26.00 | 1.11      | 1.22     | 1.34     |
| T44 | 05:55.70 | 05:20.13 | 04:44.56 | 1.25      | 1.37     | 1.49     |
| T45 | 05:31.05 | 04:57.95 | 04:24.84 | 1.07      | 1.18     | 1.29     |
| T46 | 05:31.05 | 04:57.95 | 04:24.84 | 1.62      | 1.78     | 1.94     |
| T47 |          |          |          | 1.62      | 1.78     | 1.94     |
| T51 | 08:09.10 | 07:20.19 | 06:31.28 |           |          |          |
| T52 | 05:16.90 | 04:45.21 | 04:13.52 |           |          |          |
| T53 | 04:23.83 | 03:57.44 | 03:31.06 |           |          |          |
| T54 | 04:13.68 | 03:48.31 | 03:22.94 |           |          |          |
| T60 | 06:10.05 | 05:33.04 | 04:56.04 | 1.24      | 1.36     | 1.49     |
| T61 | 06:47.50 | 06:06.75 | 05:26.00 | 1.39      | 1.53     | 1.67     |
| T62 | 07:24.52 | 06:40.07 | 05:55.62 | 1.54      | 1.69     | 1.84     |
| T63 | 07:42.50 | 06:56.25 | 06:10.00 | 1.27      | 1.39     | 1.52     |
| T64 | 05:55.70 | 05:20.13 | 04:44.56 | 1.54      | 1.69     | 1.84     |
| T71 |          |          |          |           |          |          |
| T72 |          |          |          |           |          |          |

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

|     | Shot Put |          |          | Discus   |          |          |
|-----|----------|----------|----------|----------|----------|----------|
|     | 10 YEARS | 11 YEARS | 12 YEARS | 10 YEARS | 11 YEARS | 12 YEARS |
| F01 | 3.83     | 4.22     | 4.60     | 14.64    | 16.10    | 17.56    |
| F11 | 4.33     | 4.76     | 5.20     | 10.11    | 11.12    | 12.13    |
| F12 | 3.76     | 4.14     | 4.52     | 11.85    | 13.04    | 14.22    |
| F13 | 3.26     | 3.59     | 3.92     | 11.17    | 12.28    | 13.40    |
| F20 | 3.53     | 3.88     | 4.23     | 10.91    | 12.00    | 13.09    |
| F21 | 1.88     | 2.06     | 2.25     | 4.52     | 4.97     | 5.43     |
| II3 | 3.41     | 3.75     | 4.10     | 9.40     | 10.34    | 11.28    |
| F31 |          |          |          |          |          |          |
| F32 | 1.76     | 1.94     | 2.11     | 3.49     | 3.84     | 4.19     |
| F33 | 1.95     | 2.15     | 2.34     | 5.66     | 6.22     | 6.79     |
| F34 | 2.21     | 2.43     | 2.65     | 5.73     | 6.30     | 6.87     |
| F35 | 3.48     | 3.83     | 4.17     | 7.98     | 8.78     | 9.58     |
| F36 | 2.95     | 3.24     | 3.54     | 7.00     | 7.70     | 8.40     |
| F37 | 3.88     | 4.26     | 4.65     | 9.57     | 10.53    | 11.49    |
| F38 | 3.15     | 3.46     | 3.77     | 9.46     | 10.40    | 11.35    |
| F40 | 2.34     | 2.57     | 2.81     | 6.33     | 6.96     | 7.59     |
| F41 | 2.61     | 2.87     | 3.13     | 8.88     | 9.77     | 10.66    |
| F42 | 2.91     | 3.20     | 3.49     | 9.14     | 10.05    | 10.97    |
| F43 | 2.71     | 2.98     | 3.26     | 6.73     | 7.40     | 8.07     |
| F44 | 3.29     | 3.61     | 3.94     | 11.13    | 12.25    | 13.36    |
| F45 | 2.19     | 2.40     | 2.62     | 5.02     | 5.52     | 6.03     |
| F46 | 3.33     | 3.66     | 4.00     | 10.53    | 11.58    | 12.64    |
| F47 |          |          |          |          |          |          |
| F51 |          |          |          | 3.72     | 4.09     | 4.46     |
| F52 | 2.19     | 2.41     | 2.63     | 4.35     | 4.79     | 5.22     |
| F53 | 1.47     | 1.62     | 1.76     | 4.07     | 4.47     | 4.88     |
| F54 | 2.05     | 2.25     | 2.46     | 4.99     | 5.49     | 5.99     |
| F55 | 2.27     | 2.49     | 2.72     | 6.95     | 7.65     | 8.34     |
| F56 | 2.49     | 2.74     | 2.99     | 6.57     | 7.23     | 7.88     |
| F57 | 2.79     | 3.07     | 3.35     | 8.94     | 9.83     | 10.73    |
| F60 | 2.77     | 3.05     | 3.33     | 7.96     | 8.76     | 9.56     |
| F61 | 2.52     | 2.77     | 3.02     | 8.30     | 9.13     | 9.96     |
| F62 | 2.65     | 2.92     | 3.18     | 8.85     | 9.74     | 10.62    |
| F63 | 2.52     | 2.77     | 3.02     | 8.30     | 9.13     | 9.96     |
| F64 | 2.79     | 3.07     | 3.35     | 9.40     | 10.34    | 11.28    |

## 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         |
|---------------------------------|------------------|------------------|------------------|---------------------|---------------------|---------------------|
| <b>100 metres</b>               | 12.2<br>(12.44)  | 11.8<br>(12.04)  | 11.5<br>(11.74)  | 11.4<br>(11.64)     | 11.4<br>(11.64)     | 11.4<br>(11.64)     |
| <b>200 metres</b>               | 25.4<br>(25.64)  | 24.2<br>(24.44)  | 23.7<br>(23.94)  | 23.5<br>(23.74)     | 23.1<br>(23.34)     | 23.1<br>(23.34)     |
| <b>400 metres</b>               | 59.0<br>(59.14)  | 56.1<br>(56.24)  | 54.5<br>(54.64)  | 53.3<br>(53.44)     | 52.7<br>(52.84)     | 52.7<br>(52.84)     |
| <b>800 metres</b>               | 2:19.0           | 2:11.0           | 2:09.0           | 2:06.0              | 2:06.0              | 2:06.0              |
| <b>1500 metres</b>              | 4:45.0           | 4:40.0           | 4:30.0           | 4:28.0              | 4:26.0              | 4:26.0              |
| <b>3000 metres</b>              |                  | 10:10.0          | 10:00.0          | 9:40.0              | 9:40.0              |                     |
| <b>5000 metres</b>              |                  |                  |                  |                     |                     | 17:00.0             |
| <b>3000 metres Walk</b>         | 18:40.0          | 18:40.0          | 18:40.0          |                     |                     |                     |
| <b>5000 metres Walk</b>         |                  |                  |                  | 29:00.0             | 29:00.0             | 29:00.0             |
| <b>Sprint Hurdles</b>           | 15.06<br>(15.30) | 15.9<br>(16.14)  | 15.5<br>(15.74)  | 16.6<br>(16.84)     | 16.6<br>(16.84)     | 16.7<br>(16.94)     |
| <b>200 metres Hurdles</b>       |                  | 29.80<br>(30.04) | 29.80<br>(30.04) |                     |                     |                     |
| <b>400 metres Hurdles</b>       |                  |                  |                  | 1:02.8<br>(1:02.94) | 1:02.8<br>(1:02.94) | 1:03.8<br>(1:03.94) |
| <b>2000 metres Steeplechase</b> |                  | 7:15.0           | 7:00.0           | 7:00.0              | 6:50.0              |                     |
| <b>3000 metres Steeplechase</b> |                  |                  |                  |                     |                     | 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.

### 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<br>(13.44)     | 13.1<br>(13.34)     | 13.0<br>(13.24)     | 13.0<br>(13.24)     | 13.0<br>(13.24)     | 13.0<br>(13.24)     |
| 200 metres               | 27.6<br>(27.84)     | 27.1<br>(27.34)     | 27.0<br>(27.24)     | 26.9<br>(27.14)     | 26.9<br>(27.14)     | 26.9<br>(27.14)     |
| 400 metres               | 1:03.8<br>(1:03.94) | 1:03.1<br>(1:03.24) | 1:03.1<br>(1:03.24) | 1:03.0<br>(1:03.14) | 1:03.0<br>(1:03.14) | 1:03.0<br>(1:03.14) |
| 800 metres               | 2:29.0              | 2:29.0              | 2:29.0              | 2:29.0              | 2:29.0              | 2:29.0              |
| 1500 metres              | 5:03.0              | 5:03.0              | 5:03.0              | 5:03.0              | 5:03.0              | 5:03.0              |
| 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<br>(14.54)     | 15.7<br>(15.94)     | 15.6<br>(15.84)     | 17.5<br>(17.74)     | 17.4<br>(17.64)     | 17.4<br>(17.64)     |
| 200 metres Hurdles       |                     | 32.0<br>(32.24)     | 32.0<br>(32.24)     |                     |                     |                     |
| 400 metres Hurdles       |                     |                     |                     | 1:13.0<br>(1:13.14) | 1:13.0<br>(1:13.14) | 1:13.0<br>(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.

**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       |
|--------------------|-----------------|-----------------|-----------------|------------------|------------------|-------------------|
| <b>Shot Put</b>    | 12.50 m<br>3kg  | 12.50 m<br>4kg  | 13.00 m<br>4kg  | 12.75 m<br>5kg   | 13.00 m<br>5kg   | 11.00 m<br>6kg    |
| <b>Discus</b>      | 34.00 m<br>1kg  | 38.00 m<br>1kg  | 43.00 m<br>1kg  | 37.00 m<br>1.5kg | 41.00 m<br>1.5kg | 32.00 m<br>1.75kg |
| <b>Javelin</b>     | 34.00 m<br>600g | 38.00 m<br>700g | 43.00 m<br>700g | 46.00 m<br>700g  | 47.50 m<br>700g  | 40.00 m<br>800g   |
| <b>Hammer</b>      | 28.00<br>3kg    | 28.00 m<br>4kg  | 32.00 m<br>4kg  | 35.00 m<br>5kg   | 35.00 m<br>5kg   | 32.00 m<br>6kg    |
| <b>High Jump</b>   | 1.58 m          | 1.68 m          | 1.74 m          | 1.80 m           | 1.82 m           | 1.82 m            |
| <b>Long Jump</b>   | 5.40 m          | 5.70 m          | 6.00 m          | 6.20 m           | 6.20 m           | 6.20 m            |
| <b>Triple Jump</b> | 10.85 m         | 11.60 m         | 12.00 m         | 12.40 m          | 12.65 m          | 12.65 m           |
| <b>Pole Vault</b>  | 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     |
|--------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| <b>Shot Put</b>    | 10.00 m<br>3kg  | 10.30 m<br>3kg  | 10.50 m<br>3kg  | 10.75 m<br>3kg  | 11.00 m<br>3kg  | 9.00 m<br>4kg   |
| <b>Discus</b>      | 26.00 m<br>1kg  | 27.00 m<br>1kg  | 27.50 m<br>1kg  | 28.00 m<br>1kg  | 28.50 m<br>1kg  | 29.00 m<br>1kg  |
| <b>Javelin</b>     | 27.00 m<br>400g | 27.50 m<br>500g | 29.00 m<br>500g | 30.00 m<br>500g | 30.00 m<br>500g | 26.00 m<br>600g |
| <b>Hammer</b>      | 26.00m<br>3kg   | 27.00 m<br>3kg  | 28.00 m<br>3kg  | 30.00 m<br>3kg  | 32.00 m<br>3kg  | 27.00 m<br>4kg  |
| <b>High Jump</b>   | 1.47 m          | 1.50 m          | 1.50 m          | 1.50 m          | 1.50 m          | 1.50 m          |
| <b>Long Jump</b>   | 4.70 m          | 4.90 m          | 4.95 m          | 5.00 m          | 5.00 m          | 5.00 m          |
| <b>Triple Jump</b> | 10.00 m         | 10.20 m         | 10.30 m         | 10.40 m         | 10.40 m         | 10.40 m         |
| <b>Pole Vault</b>  | 2.00 m          | 2.00 m          | 2.00 m          | 2.00 m          | 2.00 m          | 2.00 m          |

**Notes:**

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.

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

|     | 100M     |          |          |          |          |             | 200M     |          |          |          |          |             |
|-----|----------|----------|----------|----------|----------|-------------|----------|----------|----------|----------|----------|-------------|
|     | 13 years | 14 years | 15 years | 16 years | 17 years | 18-19 years | 13 years | 14 years | 15 years | 16 years | 17 years | 18-19 years |
| T01 | 00:19.40 | 00:18.38 | 00:17.36 | 00:16.34 | 00:15.32 | 00:14.29    | 00:40.18 | 00:38.07 | 00:35.95 | 00:33.84 | 00:31.72 | 00:29.61    |
| T11 | 00:20.75 | 00:19.66 | 00:18.56 | 00:17.47 | 00:16.38 | 00:15.29    | 00:42.58 | 00:40.34 | 00:38.10 | 00:35.86 | 00:33.61 | 00:31.37    |
| T12 | 00:19.85 | 00:18.81 | 00:17.77 | 00:16.72 | 00:15.67 | 00:14.63    | 00:40.95 | 00:38.79 | 00:36.63 | 00:34.48 | 00:32.33 | 00:30.17    |
| T13 | 00:19.87 | 00:18.83 | 00:17.78 | 00:16.74 | 00:15.69 | 00:14.64    | 00:40.00 | 00:37.89 | 00:35.78 | 00:33.68 | 00:31.57 | 00:29.47    |
| T20 | 00:20.25 | 00:19.19 | 00:18.12 | 00:17.06 | 00:15.99 | 00:14.92    | 00:40.75 | 00:38.61 | 00:36.46 | 00:34.32 | 00:32.18 | 00:30.03    |
| T21 | 00:24.32 | 00:23.04 | 00:21.76 | 00:20.48 | 00:19.20 | 00:17.92    | 00:52.25 | 00:49.50 | 00:46.75 | 00:44.00 | 00:41.25 | 00:38.50    |
| II3 | 00:21.64 | 00:20.50 | 00:19.36 | 00:18.22 | 00:17.09 | 00:15.95    | 00:44.54 | 00:42.19 | 00:39.85 | 00:37.50 | 00:35.16 | 00:32.82    |
| T32 | 00:41.97 | 00:39.76 | 00:37.55 | 00:35.34 | 00:33.13 | 00:30.93    | 01:28.94 | 01:24.26 | 01:19.58 | 01:14.90 | 01:10.21 | 01:05.53    |
| T33 | 00:31.27 | 00:29.63 | 00:27.98 | 00:26.34 | 00:24.69 | 00:23.04    | 00:55.10 | 00:52.20 | 00:49.30 | 00:46.40 | 00:43.50 | 00:40.60    |
| T34 | 00:27.47 | 00:26.03 | 00:24.58 | 00:23.14 | 00:21.69 | 00:20.24    | 00:49.23 | 00:46.64 | 00:44.05 | 00:41.46 | 00:38.86 | 00:36.27    |
| T35 | 00:22.36 | 00:21.19 | 00:20.01 | 00:18.83 | 00:17.66 | 00:16.48    | 00:43.78 | 00:41.47 | 00:39.17 | 00:36.86 | 00:34.56 | 00:32.26    |
| T36 | 00:22.27 | 00:21.10 | 00:19.92 | 00:18.75 | 00:17.58 | 00:16.41    | 00:44.69 | 00:42.34 | 00:39.98 | 00:37.63 | 00:35.28 | 00:32.93    |
| T37 | 00:21.00 | 00:19.89 | 00:18.79 | 00:17.68 | 00:16.58 | 00:15.47    | 00:42.92 | 00:40.66 | 00:38.40 | 00:36.14 | 00:33.89 | 00:31.63    |
| T38 | 00:20.41 | 00:19.33 | 00:18.26 | 00:17.18 | 00:16.11 | 00:15.04    | 00:41.46 | 00:39.28 | 00:37.09 | 00:34.91 | 00:32.73 | 00:30.55    |
| T40 | 00:28.40 | 00:26.91 | 00:25.41 | 00:23.92 | 00:22.42 | 00:20.93    | 01:01.56 | 00:58.32 | 00:55.08 | 00:51.84 | 00:48.60 | 00:45.36    |
| T41 | 00:25.18 | 00:23.85 | 00:22.52 | 00:21.20 | 00:19.87 | 00:18.55    | 00:51.68 | 00:48.96 | 00:46.24 | 00:43.52 | 00:40.80 | 00:38.08    |
| T42 | 00:23.60 | 00:22.36 | 00:21.11 | 00:19.87 | 00:18.63 | 00:17.39    | 00:47.77 | 00:45.25 | 00:42.74 | 00:40.22 | 00:37.71 | 00:35.20    |
| T43 | 00:22.25 | 00:21.08 | 00:19.91 | 00:18.74 | 00:17.57 | 00:16.39    | 00:45.70 | 00:43.29 | 00:40.88 | 00:38.48 | 00:36.08 | 00:33.67    |
| T44 | 00:20.90 | 00:19.80 | 00:18.70 | 00:17.60 | 00:16.50 | 00:15.40    | 00:43.62 | 00:41.33 | 00:39.03 | 00:36.74 | 00:34.44 | 00:32.14    |
| T45 | 00:20.79 | 00:19.69 | 00:18.60 | 00:17.50 | 00:16.41 | 00:15.32    | 00:41.63 | 00:39.44 | 00:37.25 | 00:35.06 | 00:32.87 | 00:30.67    |
| T46 | 00:19.80 | 00:18.76 | 00:17.71 | 00:16.67 | 00:15.63 | 00:14.59    | 00:40.22 | 00:38.11 | 00:35.99 | 00:33.87 | 00:31.76 | 00:29.64    |
| T47 | 00:19.80 | 00:18.76 | 00:17.71 | 00:16.67 | 00:15.63 | 00:14.59    | 00:40.22 | 00:38.11 | 00:35.99 | 00:33.87 | 00:31.76 | 00:29.64    |
| T51 | 00:37.16 | 00:35.21 | 00:33.25 | 00:31.30 | 00:29.34 | 00:27.38    | 01:09.58 | 01:05.92 | 01:02.25 | 00:58.59 | 00:54.93 | 00:51.27    |
| T52 | 00:31.18 | 00:29.54 | 00:27.90 | 00:26.26 | 00:24.62 | 00:22.97    | 00:56.77 | 00:53.78 | 00:50.80 | 00:47.81 | 00:44.82 | 00:41.83    |
| T53 | 00:26.79 | 00:25.38 | 00:23.97 | 00:22.56 | 00:21.15 | 00:19.74    | 00:47.58 | 00:45.07 | 00:42.57 | 00:40.06 | 00:37.56 | 00:35.06    |
| T54 | 00:25.90 | 00:24.53 | 00:23.17 | 00:21.81 | 00:20.44 | 00:19.08    | 00:45.94 | 00:43.52 | 00:41.11 | 00:38.69 | 00:36.27 | 00:33.85    |
| T60 | 00:21.09 | 00:19.98 | 00:18.87 | 00:17.76 | 00:16.65 | 00:15.54    | 00:42.66 | 00:40.41 | 00:38.17 | 00:35.92 | 00:33.67 | 00:31.43    |
| T61 | 00:23.27 | 00:22.05 | 00:20.82 | 00:19.60 | 00:18.37 | 00:17.15    | 00:43.59 | 00:41.29 | 00:39.00 | 00:36.70 | 00:34.41 | 00:32.12    |
| T62 | 00:20.03 | 00:18.97 | 00:17.92 | 00:16.86 | 00:15.81 | 00:14.76    | 00:39.31 | 00:37.24 | 00:35.17 | 00:33.10 | 00:31.04 | 00:28.97    |
| T63 | 00:22.70 | 00:21.51 | 00:20.32 | 00:19.12 | 00:17.93 | 00:16.73    | 00:49.04 | 00:46.46 | 00:43.88 | 00:41.30 | 00:38.71 | 00:36.13    |
| T64 | 00:20.16 | 00:19.10 | 00:18.04 | 00:16.98 | 00:15.91 | 00:14.85    | 00:40.41 | 00:38.29 | 00:36.16 | 00:34.03 | 00:31.90 | 00:29.78    |
| T71 | 00:43.34 | 00:41.06 | 00:38.78 | 00:36.50 | 00:34.21 | 00:31.93    | 01:26.45 | 01:21.90 | 01:17.35 | 01:12.80 | 01:08.25 | 01:03.70    |
| T72 | 00:28.35 | 00:26.86 | 00:25.36 | 00:23.87 | 00:22.38 | 00:20.89    | 00:57.78 | 00:54.74 | 00:51.70 | 00:48.66 | 00:45.62 | 00:42.57    |

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

|     | 400M     |          |          |          |          |             | 800M     |          |          |          |          |             |
|-----|----------|----------|----------|----------|----------|-------------|----------|----------|----------|----------|----------|-------------|
|     | 13 years | 14 years | 15 years | 16 years | 17 years | 18-19 years | 13 years | 14 years | 15 years | 16 years | 17 years | 18-19 years |
| T01 | 01:26.05 | 01:21.52 | 01:16.99 | 01:12.46 | 01:07.94 | 01:03.41    | 03:28.43 | 03:17.46 | 03:06.49 | 02:55.52 | 02:44.55 | 02:33.58    |
| T11 | 01:34.66 | 01:29.68 | 01:24.69 | 01:19.71 | 01:14.73 | 01:09.75    | 03:45.09 | 03:33.25 | 03:21.40 | 03:09.55 | 02:57.71 | 02:45.86    |
| T12 | 01:30.80 | 01:26.02 | 01:21.24 | 01:16.46 | 01:11.69 | 01:06.91    | 03:29.04 | 03:18.04 | 03:07.03 | 02:56.03 | 02:45.03 | 02:34.03    |
| T13 | 01:29.15 | 01:24.46 | 01:19.76 | 01:15.07 | 01:10.38 | 01:05.69    | 03:30.33 | 03:19.26 | 03:08.19 | 02:57.12 | 02:46.05 | 02:34.98    |
| T20 | 01:29.03 | 01:24.35 | 01:19.66 | 01:14.98 | 01:10.29 | 01:05.60    | 03:28.83 | 03:17.84 | 03:06.85 | 02:55.86 | 02:44.86 | 02:33.87    |
| T21 | 02:02.55 | 01:56.10 | 01:49.65 | 01:43.20 | 01:36.75 | 01:30.30    | 04:54.50 | 04:39.00 | 04:23.50 | 04:08.00 | 03:52.50 | 03:37.00    |
| II3 | 01:41.59 | 01:36.25 | 01:30.90 | 01:25.55 | 01:20.21 | 01:14.86    | 03:57.06 | 03:44.59 | 03:32.11 | 03:19.63 | 03:07.16 | 02:54.68    |
| T32 | 02:43.93 | 02:35.30 | 02:26.68 | 02:18.05 | 02:09.42 | 02:00.79    |          |          |          |          |          |             |
| T33 | 01:50.11 | 01:44.31 | 01:38.52 | 01:32.72 | 01:26.93 | 01:21.13    | 03:33.79 | 03:22.54 | 03:11.28 | 03:00.03 | 02:48.78 | 02:37.53    |
| T34 | 01:33.25 | 01:28.34 | 01:23.44 | 01:18.53 | 01:13.62 | 01:08.71    | 03:05.90 | 02:56.11 | 02:46.33 | 02:36.54 | 02:26.76 | 02:16.98    |
| T35 | 01:47.56 | 01:41.90 | 01:36.24 | 01:30.58 | 01:24.92 | 01:19.25    | 04:36.55 | 04:21.99 | 04:07.44 | 03:52.88 | 03:38.33 | 03:23.77    |
| T36 | 01:38.25 | 01:33.08 | 01:27.91 | 01:22.74 | 01:17.57 | 01:12.39    | 03:52.54 | 03:40.30 | 03:28.06 | 03:15.82 | 03:03.58 | 02:51.35    |
| T37 | 01:35.85 | 01:30.81 | 01:25.77 | 01:20.72 | 01:15.68 | 01:10.63    | 03:42.62 | 03:30.91 | 03:19.19 | 03:07.47 | 02:55.75 | 02:44.04    |
| T38 | 01:33.73 | 01:28.79 | 01:23.86 | 01:18.93 | 01:14.00 | 01:09.06    | 03:39.92 | 03:28.35 | 03:16.77 | 03:05.20 | 02:53.62 | 02:42.05    |
| T40 | 02:10.62 | 02:03.75 | 01:56.87 | 01:50.00 | 01:43.12 | 01:36.25    |          |          |          |          |          |             |
| T41 | 01:45.45 | 01:39.90 | 01:34.35 | 01:28.80 | 01:23.25 | 01:17.70    |          |          |          |          |          |             |
| T42 | 01:57.51 | 01:51.33 | 01:45.14 | 01:38.96 | 01:32.77 | 01:26.59    | 05:26.91 | 05:09.71 | 04:52.50 | 04:35.30 | 04:18.09 | 04:00.88    |
| T43 | 01:49.12 | 01:43.37 | 01:37.63 | 01:31.89 | 01:26.14 | 01:20.40    | 04:39.98 | 04:25.25 | 04:10.51 | 03:55.78 | 03:41.04 | 03:26.30    |
| T44 | 01:40.70 | 01:35.40 | 01:30.10 | 01:24.80 | 01:19.50 | 01:14.20    | 03:53.03 | 03:40.77 | 03:28.50 | 03:16.24 | 03:03.98 | 02:51.71    |
| T45 | 01:33.50 | 01:28.58 | 01:23.66 | 01:18.74 | 01:13.82 | 01:08.89    | 03:46.67 | 03:34.74 | 03:22.81 | 03:10.88 | 02:58.95 | 02:47.02    |
| T46 | 01:30.61 | 01:25.84 | 01:21.07 | 01:16.30 | 01:11.53 | 01:06.77    | 03:32.46 | 03:21.28 | 03:10.09 | 02:58.91 | 02:47.73 | 02:36.55    |
| T47 | 01:30.61 | 01:25.84 | 01:21.07 | 01:16.30 | 01:11.53 | 01:06.77    |          |          |          |          |          |             |
| T51 | 02:22.94 | 02:15.41 | 02:07.89 | 02:00.37 | 01:52.85 | 01:45.32    | 04:46.86 | 04:31.76 | 04:16.67 | 04:01.57 | 03:46.47 | 03:31.37    |
| T52 | 01:44.75 | 01:39.23 | 01:33.72 | 01:28.21 | 01:22.70 | 01:17.18    | 03:31.98 | 03:20.83 | 03:09.67 | 02:58.51 | 02:47.35 | 02:36.20    |
| T53 | 01:28.96 | 01:24.28 | 01:19.59 | 01:14.91 | 01:10.23 | 01:05.55    | 02:54.21 | 02:45.04 | 02:35.87 | 02:26.70 | 02:17.53 | 02:08.37    |
| T54 | 01:22.57 | 01:18.23 | 01:13.88 | 01:09.54 | 01:05.19 | 01:00.84    | 02:50.35 | 02:41.39 | 02:32.42 | 02:23.46 | 02:14.49 | 02:05.52    |
| T60 | 01:37.22 | 01:32.11 | 01:26.99 | 01:21.87 | 01:16.75 | 01:11.64    | 03:52.24 | 03:40.01 | 03:27.79 | 03:15.57 | 03:03.34 | 02:51.12    |
| T61 | 01:31.79 | 01:26.96 | 01:22.13 | 01:17.30 | 01:12.47 | 01:07.63    | 03:19.48 | 03:08.98 | 02:58.48 | 02:47.98 | 02:37.48 | 02:26.99    |
| T62 | 01:26.98 | 01:22.40 | 01:17.83 | 01:13.25 | 01:08.67 | 01:04.09    | 03:40.11 | 03:28.53 | 03:16.94 | 03:05.36 | 02:53.78 | 02:42.19    |
| T63 | 01:57.51 | 01:51.33 | 01:45.14 | 01:38.96 | 01:32.77 | 01:26.59    | 05:26.91 | 05:09.71 | 04:52.50 | 04:35.30 | 04:18.09 | 04:00.88    |
| T64 | 01:34.35 | 01:29.39 | 01:24.42 | 01:19.46 | 01:14.49 | 01:09.52    | 04:20.72 | 04:07.00 | 03:53.27 | 03:39.55 | 03:25.83 | 03:12.11    |
| T71 | 03:27.88 | 03:16.94 | 03:06.00 | 02:55.06 | 02:44.11 | 02:33.17    |          |          |          |          |          |             |
| T72 | 01:59.62 | 01:53.33 | 01:47.03 | 01:40.74 | 01:34.44 | 01:28.14    |          |          |          |          |          |             |

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

|     | 1500M    |          |          |          |          |             | LONG JUMP |          |          |          |          |             |
|-----|----------|----------|----------|----------|----------|-------------|-----------|----------|----------|----------|----------|-------------|
|     |          | 14 years | 15 years | 16 years | 17 years | 18-19 years | 13 years  | 14 years | 15 years | 16 years | 17 years | 18-19 years |
| T01 | 07:12.80 | 06:50.02 | 06:27.24 | 06:04.46 | 05:41.69 | 05:18.91    | 2.58      | 2.78     | 2.98     | 3.18     | 3.37     | 3.57        |
| T11 | 07:32.90 | 07:09.07 | 06:45.23 | 06:21.39 | 05:57.56 | 05:33.72    | 2.19      | 2.36     | 2.52     | 2.69     | 2.86     | 3.03        |
| T12 | 06:58.74 | 06:36.70 | 06:14.66 | 05:52.62 | 05:30.58 | 05:08.55    | 2.43      | 2.61     | 2.80     | 2.99     | 3.17     | 3.36        |
| T13 | 07:13.75 | 06:50.92 | 06:28.09 | 06:05.26 | 05:42.44 | 05:19.61    | 2.49      | 2.68     | 2.87     | 3.06     | 3.26     | 3.45        |
| T20 | 07:08.45 | 06:45.90 | 06:23.35 | 06:00.80 | 05:38.25 | 05:15.70    | 2.48      | 2.67     | 2.87     | 3.06     | 3.25     | 3.44        |
| T21 | 10:46.00 | 10:12.00 | 09:38.00 | 09:04.00 | 08:30.00 | 07:56.00    | 1.57      | 1.69     | 1.81     | 1.93     | 2.05     | 2.17        |
| II3 | 08:10.58 | 07:44.76 | 07:18.94 | 06:53.12 | 06:27.30 | 06:01.48    | 1.97      | 2.12     | 2.28     | 2.43     | 2.58     | 2.73        |
| T32 |          |          |          |          |          |             |           |          |          |          |          |             |
| T33 | 07:51.81 | 07:26.98 | 07:02.14 | 06:37.31 | 06:12.48 | 05:47.65    |           |          |          |          |          |             |
| T34 | 06:00.87 | 05:41.87 | 05:22.88 | 05:03.89 | 04:44.90 | 04:25.90    |           |          |          |          |          |             |
| T35 | 09:15.43 | 08:46.19 | 08:16.96 | 07:47.73 | 07:18.50 | 06:49.26    | 1.97      | 2.12     | 2.27     | 2.42     | 2.58     | 2.73        |
| T36 | 08:38.49 | 08:11.20 | 07:43.91 | 07:16.62 | 06:49.34 | 06:22.05    | 1.97      | 2.12     | 2.27     | 2.42     | 2.57     | 2.72        |
| T37 | 07:32.79 | 07:08.96 | 06:45.13 | 06:21.30 | 05:57.46 | 05:33.63    | 2.20      | 2.37     | 2.54     | 2.71     | 2.88     | 3.05        |
| T38 | 07:10.98 | 06:48.29 | 06:25.61 | 06:02.93 | 05:40.25 | 05:17.56    | 2.38      | 2.56     | 2.74     | 2.92     | 3.11     | 3.29        |
| T40 |          |          |          |          |          |             |           |          |          |          |          |             |
| T41 |          |          |          |          |          |             |           |          |          |          |          |             |
| T42 |          |          |          |          |          |             | 1.84      | 1.98     | 2.13     | 2.27     | 2.41     | 2.55        |
| T43 | 08:39.57 | 08:12.23 | 07:44.88 | 07:17.54 | 06:50.19 | 06:22.84    | 2.08      | 2.24     | 2.40     | 2.56     | 2.72     | 2.88        |
| T44 | 08:22.87 | 07:56.41 | 07:29.94 | 07:03.47 | 06:37.01 | 06:10.54    | 2.30      | 2.47     | 2.65     | 2.83     | 3.00     | 3.18        |
| T45 | 07:51.69 | 07:26.87 | 07:02.04 | 06:37.22 | 06:12.39 | 05:47.56    | 2.08      | 2.24     | 2.40     | 2.56     | 2.72     | 2.88        |
| T46 | 07:10.37 | 06:47.72 | 06:25.07 | 06:02.42 | 05:39.77 | 05:17.11    | 2.46      | 2.65     | 2.84     | 3.03     | 3.22     | 3.41        |
| T47 |          |          |          |          |          |             | 2.46      | 2.65     | 2.84     | 3.03     | 3.22     | 3.41        |
| T51 | 09:17.65 | 08:48.30 | 08:18.95 | 07:49.60 | 07:20.25 | 06:50.90    |           |          |          |          |          |             |
| T52 | 06:29.65 | 06:09.14 | 05:48.64 | 05:28.13 | 05:07.62 | 04:47.11    |           |          |          |          |          |             |
| T53 | 05:26.50 | 05:09.31 | 04:52.13 | 04:34.94 | 04:17.76 | 04:00.58    |           |          |          |          |          |             |
| T54 | 05:26.50 | 05:09.31 | 04:52.13 | 04:34.94 | 04:17.76 | 04:00.58    |           |          |          |          |          |             |
| T60 | 07:48.60 | 07:23.93 | 06:59.27 | 06:34.61 | 06:09.95 | 05:45.28    | 2.26      | 2.43     | 2.61     | 2.78     | 2.95     | 3.13        |
| T61 |          |          |          |          |          |             | 2.10      | 2.26     | 2.43     | 2.59     | 2.75     | 2.91        |
| T62 | 08:39.57 | 08:12.23 | 07:44.88 | 07:17.54 | 06:50.19 | 06:22.84    | 2.28      | 2.45     | 2.63     | 2.80     | 2.98     | 3.15        |
| T63 |          |          |          |          |          |             | 2.35      | 2.53     | 2.72     | 2.90     | 3.08     | 3.26        |
| T64 | 08:39.57 | 08:12.23 | 07:44.88 | 07:17.54 | 06:50.19 | 06:22.84    | 2.76      | 2.97     | 3.18     | 3.39     | 3.60     | 3.82        |

## 13-19 YEARS MALE MULTI-CLASS QUALIFYING STANDARDS - FIELD

|     | SHOTPUT  |          |          |          |          |             | DISCUS   |          |          |          |          |             | JAVELIN (CLUB THROW F31, F32, F51) |          |          |          |          |             |
|-----|----------|----------|----------|----------|----------|-------------|----------|----------|----------|----------|----------|-------------|------------------------------------|----------|----------|----------|----------|-------------|
|     | 13 years | 14 years | 15 years | 16 years | 17 years | 18-19 years | 13 years | 14 years | 15 years | 16 years | 17 years | 18-19 years | 13 years                           | 14 years | 15 years | 16 years | 17 years | 18-19 years |
| F01 | 5.66     | 6.09     | 6.53     | 6.96     | 7.40     | 7.83        | 20.20    | 21.76    | 23.31    | 24.86    | 26.42    | 27.97       | 23.88                              | 25.71    | 27.55    | 29.39    | 31.22    | 33.06       |
| F11 | 4.96     | 5.34     | 5.72     | 6.10     | 6.49     | 6.87        | 14.98    | 16.14    | 17.29    | 18.44    | 19.59    | 20.75       | 17.55                              | 18.90    | 20.25    | 21.60    | 22.95    | 24.30       |
| F12 | 5.53     | 5.96     | 6.38     | 6.81     | 7.23     | 7.66        | 17.07    | 18.38    | 19.69    | 21.00    | 22.32    | 23.63       | 21.09                              | 22.71    | 24.33    | 25.96    | 27.58    | 29.20       |
| F13 | 5.35     | 5.76     | 6.17     | 6.58     | 7.00     | 7.41        | 17.42    | 18.76    | 20.10    | 21.44    | 22.78    | 24.12       | 23.08                              | 24.85    | 26.63    | 28.40    | 30.18    | 31.95       |
| F20 | 5.62     | 6.05     | 6.48     | 6.92     | 7.35     | 7.78        | 14.90    | 16.05    | 17.19    | 18.34    | 19.49    | 20.63       | 18.47                              | 19.89    | 21.32    | 22.74    | 24.16    | 25.58       |
| F21 | 4.16     | 4.48     | 4.80     | 5.12     | 5.44     | 5.76        | 12.84    | 13.83    | 14.81    | 15.80    | 16.79    | 17.78       | 11.87                              | 12.78    | 13.70    | 14.61    | 15.52    | 16.43       |
| Il3 | 3.58     | 3.85     | 4.13     | 4.40     | 4.68     | 4.95        | 9.84     | 10.60    | 11.36    | 12.11    | 12.87    | 13.63       | 12.38                              | 13.34    | 14.29    | 15.24    | 16.19    | 17.15       |
| F31 |          |          |          |          |          |             |          |          |          |          |          |             | 9.98                               | 10.75    | 11.52    | 12.29    | 13.06    | 13.82       |
| F32 | 3.92     | 4.22     | 4.52     | 4.82     | 5.12     | 5.42        | 9.04     | 9.74     | 10.43    | 11.13    | 11.82    | 12.52       | 12.09                              | 13.02    | 13.95    | 14.88    | 15.81    | 16.74       |
| F33 | 4.02     | 4.33     | 4.64     | 4.94     | 5.25     | 5.56        | 10.12    | 10.90    | 11.68    | 12.46    | 13.23    | 14.01       | 8.76                               | 9.44     | 10.11    | 10.78    | 11.46    | 12.13       |
| F34 | 3.96     | 4.26     | 4.56     | 4.87     | 5.17     | 5.48        | 14.07    | 15.15    | 16.23    | 17.32    | 18.40    | 19.48       | 12.42                              | 13.38    | 14.34    | 15.29    | 16.25    | 17.20       |
| F35 | 5.63     | 6.06     | 6.50     | 6.93     | 7.36     | 7.79        | 17.59    | 18.95    | 20.30    | 21.65    | 23.01    | 24.36       | 18.22                              | 19.62    | 21.03    | 22.43    | 23.83    | 25.23       |
| F36 | 5.30     | 5.71     | 6.12     | 6.53     | 6.94     | 7.34        | 14.10    | 15.18    | 16.27    | 17.35    | 18.44    | 19.52       | 14.68                              | 15.81    | 16.94    | 18.07    | 19.20    | 20.33       |
| F37 | 5.69     | 6.13     | 6.57     | 7.01     | 7.45     | 7.88        | 19.42    | 20.91    | 22.41    | 23.90    | 25.39    | 26.89       | 18.79                              | 20.23    | 21.68    | 23.12    | 24.57    | 26.01       |
| F38 | 5.18     | 5.58     | 5.98     | 6.38     | 6.78     | 7.18        | 17.20    | 18.52    | 19.84    | 21.16    | 22.49    | 23.81       | 18.91                              | 20.36    | 21.82    | 23.27    | 24.73    | 26.18       |
| F40 | 3.58     | 3.85     | 4.13     | 4.40     | 4.68     | 4.95        | 9.16     | 9.87     | 10.57    | 11.28    | 11.98    | 12.69       | 12.64                              | 13.62    | 14.59    | 15.56    | 16.53    | 17.51       |
| F41 | 4.65     | 5.01     | 5.37     | 5.72     | 6.08     | 6.44        | 14.42    | 15.53    | 16.64    | 17.74    | 18.85    | 19.96       | 14.41                              | 15.52    | 16.63    | 17.74    | 18.85    | 19.96       |
| F42 | 5.69     | 6.13     | 6.57     | 7.01     | 7.45     | 7.88        | 17.60    | 18.95    | 20.30    | 21.66    | 23.01    | 24.36       | 18.38                              | 19.80    | 21.21    | 22.62    | 24.04    | 25.45       |
| F43 | 6.64     | 7.15     | 7.66     | 8.17     | 8.68     | 9.19        | 20.70    | 22.30    | 23.89    | 25.48    | 27.07    | 28.67       | 18.72                              | 20.16    | 21.60    | 23.04    | 24.48    | 25.92       |
| F44 | 5.11     | 5.51     | 5.90     | 6.29     | 6.69     | 7.08        | 20.88    | 22.49    | 24.10    | 25.70    | 27.31    | 28.92       | 21.51                              | 23.16    | 24.82    | 26.47    | 28.13    | 29.78       |
| F45 | 3.72     | 4.01     | 4.29     | 4.58     | 4.87     | 5.15        | 9.17     | 9.87     | 10.58    | 11.28    | 11.99    | 12.69       | 9.52                               | 10.26    | 10.99    | 11.72    | 12.45    | 13.19       |
| F46 | 5.46     | 5.88     | 6.30     | 6.72     | 7.14     | 7.56        | 17.11    | 18.42    | 19.74    | 21.06    | 22.37    | 23.69       | 20.79                              | 22.39    | 23.99    | 25.59    | 27.19    | 28.79       |
| F47 |          |          |          |          |          |             |          |          |          |          |          |             |                                    |          |          |          |          |             |
| F51 |          |          |          |          |          |             | 4.28     | 4.61     | 4.94     | 5.27     | 5.60     | 5.93        | 11.51                              | 12.40    | 13.28    | 14.17    | 15.05    | 15.94       |
| F52 | 3.82     | 4.11     | 4.40     | 4.70     | 4.99     | 5.28        | 7.74     | 8.33     | 8.93     | 9.52     | 10.12    | 10.71       | 6.04                               | 6.50     | 6.97     | 7.43     | 7.90     | 8.36        |
| F53 | 2.87     | 3.09     | 3.31     | 3.53     | 3.75     | 3.97        | 8.65     | 9.32     | 9.98     | 10.65    | 11.31    | 11.98       | 7.90                               | 8.51     | 9.11     | 9.72     | 10.33    | 10.94       |
| F54 | 3.71     | 3.99     | 4.28     | 4.56     | 4.85     | 5.13        | 10.95    | 11.79    | 12.63    | 13.47    | 14.31    | 15.16       | 10.82                              | 11.65    | 12.48    | 13.32    | 14.15    | 14.98       |
| F55 | 4.05     | 4.36     | 4.68     | 4.99     | 5.30     | 5.61        | 12.95    | 13.94    | 14.94    | 15.94    | 16.93    | 17.93       | 11.47                              | 12.36    | 13.24    | 14.12    | 15.00    | 15.89       |
| F56 | 4.38     | 4.72     | 5.06     | 5.40     | 5.73     | 6.07        | 15.17    | 16.34    | 17.51    | 18.67    | 19.84    | 21.01       | 13.89                              | 14.96    | 16.03    | 17.10    | 18.16    | 19.23       |
| F57 | 4.96     | 5.34     | 5.72     | 6.10     | 6.49     | 6.87        | 15.78    | 16.99    | 18.21    | 19.42    | 20.63    | 21.85       | 16.01                              | 17.24    | 18.47    | 19.70    | 20.94    | 22.17       |
| F60 | 4.08     | 4.39     | 4.70     | 5.02     | 5.33     | 5.64        | 12.51    | 13.47    | 14.43    | 15.39    | 16.35    | 17.32       | 13.86                              | 14.93    | 15.99    | 17.06    | 18.13    | 19.19       |
| F61 | 2.84     | 3.06     | 3.28     | 3.50     | 3.71     | 3.93        | 8.89     | 9.58     | 10.26    | 10.94    | 11.63    | 12.31       | 10.14                              | 10.92    | 11.70    | 12.48    | 13.26    | 14.04       |
| F62 | 2.84     | 3.06     | 3.28     | 3.50     | 3.71     | 3.93        | 8.89     | 9.58     | 10.26    | 10.94    | 11.63    | 12.31       | 10.14                              | 10.92    | 11.70    | 12.48    | 13.26    | 14.04       |
| F63 | 4.91     | 5.29     | 5.66     | 6.04     | 6.42     | 6.80        | 15.25    | 16.42    | 17.59    | 18.76    | 19.94    | 21.11       | 19.43                              | 20.92    | 22.41    | 23.91    | 25.40    | 26.90       |
| F64 | 5.97     | 6.43     | 6.89     | 7.35     | 7.81     | 8.27        | 21.40    | 23.05    | 24.70    | 26.34    | 27.99    | 29.64       | 20.44                              | 22.01    | 23.58    | 25.15    | 26.72    | 28.30       |

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

|     | 100M     |          |          |          |          |             | 200M     |          |          |          |          |             |
|-----|----------|----------|----------|----------|----------|-------------|----------|----------|----------|----------|----------|-------------|
|     | 13 years | 14 years | 15 years | 16 years | 17 years | 18-19 years | 13 years | 14 years | 15 years | 16 years | 17 years | 18-19 years |
| T01 | 00:22.25 | 00:21.08 | 00:19.91 | 00:18.74 | 00:17.57 | 00:16.39    | 00:46.42 | 00:43.97 | 00:41.53 | 00:39.09 | 00:36.65 | 00:34.20    |
| T11 | 00:22.51 | 00:21.33 | 00:20.14 | 00:18.96 | 00:17.78 | 00:16.59    | 00:46.34 | 00:43.90 | 00:41.46 | 00:39.02 | 00:36.59 | 00:34.15    |
| T12 | 00:21.66 | 00:20.52 | 00:19.38 | 00:18.24 | 00:17.10 | 00:15.96    | 00:43.76 | 00:41.45 | 00:39.15 | 00:36.85 | 00:34.54 | 00:32.24    |
| T13 | 00:22.40 | 00:21.22 | 00:20.04 | 00:18.86 | 00:17.69 | 00:16.51    | 00:46.06 | 00:43.63 | 00:41.21 | 00:38.78 | 00:36.36 | 00:33.94    |
| T20 | 00:22.63 | 00:21.44 | 00:20.25 | 00:19.06 | 00:17.87 | 00:16.67    | 00:47.52 | 00:45.02 | 00:42.52 | 00:40.02 | 00:37.51 | 00:35.01    |
| T21 | 00:29.05 | 00:27.52 | 00:25.99 | 00:24.46 | 00:22.93 | 00:21.41    | 01:01.12 | 00:57.91 | 00:54.69 | 00:51.47 | 00:48.26 | 00:45.04    |
| II3 | 00:24.34 | 00:23.06 | 00:21.78 | 00:20.50 | 00:19.22 | 00:17.93    | 00:51.96 | 00:49.23 | 00:46.50 | 00:43.76 | 00:41.03 | 00:38.29    |
| T32 | 00:47.06 | 00:44.59 | 00:42.11 | 00:39.63 | 00:37.15 | 00:34.68    | 01:24.23 | 01:19.79 | 01:15.36 | 01:10.93 | 01:06.50 | 01:02.06    |
| T33 | 00:37.79 | 00:35.80 | 00:33.81 | 00:31.82 | 00:29.84 | 00:27.85    | 01:06.58 | 01:03.07 | 00:59.57 | 00:56.06 | 00:52.56 | 00:49.06    |
| T34 | 00:31.86 | 00:30.19 | 00:28.51 | 00:26.83 | 00:25.15 | 00:23.48    | 00:54.91 | 00:52.02 | 00:49.13 | 00:46.24 | 00:43.35 | 00:40.46    |
| T35 | 00:25.52 | 00:24.17 | 00:22.83 | 00:21.49 | 00:20.14 | 00:18.80    | 00:53.62 | 00:50.80 | 00:47.97 | 00:45.15 | 00:42.33 | 00:39.51    |
| T36 | 00:25.99 | 00:24.62 | 00:23.26 | 00:21.89 | 00:20.52 | 00:19.15    | 00:53.60 | 00:50.78 | 00:47.96 | 00:45.14 | 00:42.32 | 00:39.49    |
| T37 | 00:24.89 | 00:23.58 | 00:22.27 | 00:20.96 | 00:19.65 | 00:18.34    | 00:51.51 | 00:48.80 | 00:46.09 | 00:43.38 | 00:40.66 | 00:37.95    |
| T38 | 00:23.52 | 00:22.28 | 00:21.05 | 00:19.81 | 00:18.57 | 00:17.33    | 00:49.25 | 00:46.66 | 00:44.06 | 00:41.47 | 00:38.88 | 00:36.29    |
| T40 | 00:34.39 | 00:32.58 | 00:30.77 | 00:28.96 | 00:27.15 | 00:25.34    | 01:15.05 | 01:11.10 | 01:07.15 | 01:03.20 | 00:59.25 | 00:55.30    |
| T41 | 00:31.35 | 00:29.70 | 00:28.05 | 00:26.40 | 00:24.75 | 00:23.10    | 01:11.06 | 01:07.32 | 01:03.58 | 00:59.84 | 00:56.10 | 00:52.36    |
| T42 | 00:27.97 | 00:26.50 | 00:25.02 | 00:23.55 | 00:22.08 | 00:20.61    | 00:56.75 | 00:53.77 | 00:50.78 | 00:47.79 | 00:44.81 | 00:41.82    |
| T43 | 00:26.07 | 00:24.70 | 00:23.32 | 00:21.95 | 00:20.58 | 00:19.21    | 00:53.22 | 00:50.42 | 00:47.62 | 00:44.82 | 00:42.02 | 00:39.21    |
| T44 | 00:24.17 | 00:22.90 | 00:21.62 | 00:20.35 | 00:19.08 | 00:17.81    | 00:49.69 | 00:47.07 | 00:44.45 | 00:41.84 | 00:39.22 | 00:36.61    |
| T45 | 00:26.60 | 00:25.20 | 00:23.80 | 00:22.40 | 00:21.00 | 00:19.60    | 00:54.30 | 00:51.44 | 00:48.59 | 00:45.73 | 00:42.87 | 00:40.01    |
| T46 | 00:22.59 | 00:21.40 | 00:20.21 | 00:19.02 | 00:17.83 | 00:16.65    | 00:46.46 | 00:44.01 | 00:41.56 | 00:39.12 | 00:36.68 | 00:34.23    |
| T47 | 00:22.59 | 00:21.40 | 00:20.21 | 00:19.02 | 00:17.83 | 00:16.65    | 00:46.46 | 00:44.01 | 00:41.56 | 00:39.12 | 00:36.68 | 00:34.23    |
| T51 | 00:46.91 | 00:44.44 | 00:41.97 | 00:39.50 | 00:37.03 | 00:34.57    | 01:23.92 | 01:19.51 | 01:15.09 | 01:10.67 | 01:06.26 | 01:01.84    |
| T52 | 00:35.47 | 00:33.61 | 00:31.74 | 00:29.87 | 00:28.01 | 00:26.14    | 01:03.06 | 00:59.74 | 00:56.42 | 00:53.10 | 00:49.78 | 00:46.47    |
| T53 | 00:30.76 | 00:29.14 | 00:27.52 | 00:25.90 | 00:24.29 | 00:22.67    | 00:54.36 | 00:51.50 | 00:48.64 | 00:45.78 | 00:42.92 | 00:40.05    |
| T54 | 00:29.16 | 00:27.63 | 00:26.09 | 00:24.56 | 00:23.02 | 00:21.49    | 00:52.29 | 00:49.54 | 00:46.78 | 00:44.03 | 00:41.28 | 00:38.53    |
| T60 | 00:23.24 | 00:22.01 | 00:20.79 | 00:19.57 | 00:18.35 | 00:17.12    | 00:47.44 | 00:44.95 | 00:42.45 | 00:39.95 | 00:37.46 | 00:34.96    |
| T61 | 00:28.40 | 00:26.91 | 00:25.41 | 00:23.92 | 00:22.42 | 00:20.93    | 01:12.16 | 01:08.36 | 01:04.57 | 01:00.77 | 00:56.97 | 00:53.17    |
| T62 | 00:24.02 | 00:22.75 | 00:21.49 | 00:20.22 | 00:18.96 | 00:17.70    | 00:50.31 | 00:47.66 | 00:45.02 | 00:42.37 | 00:39.72 | 00:37.07    |
| T63 | 00:27.72 | 00:26.26 | 00:24.80 | 00:23.34 | 00:21.88 | 00:20.43    | 00:56.75 | 00:53.77 | 00:50.78 | 00:47.79 | 00:44.81 | 00:41.82    |
| T64 | 00:24.05 | 00:22.79 | 00:21.52 | 00:20.26 | 00:18.99 | 00:17.72    | 00:49.63 | 00:47.02 | 00:44.40 | 00:41.79 | 00:39.18 | 00:36.57    |
| T71 | 00:39.10 | 00:37.04 | 00:34.99 | 00:32.93 | 00:30.87 | 00:28.81    | 01:31.92 | 01:27.08 | 01:22.25 | 01:17.41 | 01:12.57 | 01:07.73    |
| T72 | 00:32.43 | 00:30.73 | 00:29.02 | 00:27.31 | 00:25.60 | 00:23.90    | 01:07.54 | 01:03.99 | 01:00.43 | 00:56.88 | 00:53.32 | 00:49.77    |

## 13-19 YEARS FEMALE MULTI-CLASS QUALIFYING STANDARDS – TRACK

|     | 400M     |          |          |          |          |             | 800M     |          |          |          |          |             |
|-----|----------|----------|----------|----------|----------|-------------|----------|----------|----------|----------|----------|-------------|
|     | 13 years | 14 years | 15 years | 16 years | 17 years | 18-19 years | 13 years | 14 years | 15 years | 16 years | 17 years | 18-19 years |
| T01 | 01:45.16 | 01:39.63 | 01:34.09 | 01:28.56 | 01:23.03 | 01:17.49    | 04:02.25 | 03:49.50 | 03:36.75 | 03:24.00 | 03:11.25 | 02:58.50    |
| T11 | 01:46.40 | 01:40.80 | 01:35.20 | 01:29.60 | 01:24.00 | 01:18.40    | 04:21.55 | 04:07.79 | 03:54.02 | 03:40.26 | 03:26.49 | 03:12.72    |
| T12 | 01:38.36 | 01:33.19 | 01:28.01 | 01:22.83 | 01:17.66 | 01:12.48    | 03:57.42 | 03:44.93 | 03:32.43 | 03:19.94 | 03:07.44 | 02:54.94    |
| T13 | 01:43.47 | 01:38.03 | 01:32.58 | 01:27.14 | 01:21.69 | 01:16.24    | 03:54.04 | 03:41.72 | 03:29.41 | 03:17.09 | 03:04.77 | 02:52.45    |
| T20 | 01:46.38 | 01:40.78 | 01:35.18 | 01:29.58 | 01:23.98 | 01:18.39    | 04:02.71 | 03:49.93 | 03:37.16 | 03:24.38 | 03:11.61 | 02:58.84    |
| T21 | 02:24.04 | 02:16.46 | 02:08.88 | 02:01.30 | 01:53.71 | 01:46.13    | 05:45.80 | 05:27.60 | 05:09.40 | 04:51.20 | 04:33.00 | 04:14.80    |
| II3 | 02:05.93 | 01:59.30 | 01:52.68 | 01:46.05 | 01:39.42 | 01:32.79    | 05:33.28 | 05:15.74 | 04:58.20 | 04:40.66 | 04:23.11 | 04:05.57    |
| T32 | 02:46.10 | 02:37.36 | 02:28.61 | 02:19.87 | 02:11.13 | 02:02.39    |          |          |          |          |          |             |
| T33 | 02:13.28 | 02:06.27 | 01:59.26 | 01:52.24 | 01:45.22 | 01:38.21    | 04:31.41 | 04:17.13 | 04:02.84 | 03:48.56 | 03:34.28 | 03:19.99    |
| T34 | 01:42.58 | 01:37.18 | 01:31.78 | 01:26.38 | 01:20.99 | 01:15.59    | 03:26.85 | 03:15.97 | 03:05.08 | 02:54.19 | 02:43.30 | 02:32.42    |
| T35 | 02:21.91 | 02:14.44 | 02:06.97 | 01:59.50 | 01:52.03 | 01:44.57    | 06:07.59 | 05:48.25 | 05:28.90 | 05:09.55 | 04:50.20 | 04:30.86    |
| T36 | 02:07.22 | 02:00.53 | 01:53.83 | 01:47.14 | 01:40.44 | 01:33.74    | 05:10.93 | 04:54.57 | 04:38.20 | 04:21.84 | 04:05.48 | 03:49.11    |
| T37 | 01:54.55 | 01:48.52 | 01:42.49 | 01:36.46 | 01:30.43 | 01:24.41    | 05:07.25 | 04:51.08 | 04:34.91 | 04:18.74 | 04:02.56 | 03:46.39    |
| T38 | 01:54.51 | 01:48.49 | 01:42.46 | 01:36.43 | 01:30.40 | 01:24.38    | 04:41.28 | 04:26.47 | 04:11.67 | 03:56.86 | 03:42.06 | 03:27.26    |
| T40 | 02:43.97 | 02:35.34 | 02:26.71 | 02:18.08 | 02:09.45 | 02:00.82    |          |          |          |          |          |             |
| T41 | 02:27.25 | 02:19.50 | 02:11.75 | 02:04.00 | 01:56.25 | 01:48.50    |          |          |          |          |          |             |
| T42 | 02:36.66 | 02:28.41 | 02:20.17 | 02:11.92 | 02:03.67 | 01:55.43    | 05:51.50 | 05:33.00 | 05:14.50 | 04:56.00 | 04:37.50 | 04:19.00    |
| T43 | 02:15.39 | 02:08.27 | 02:01.14 | 01:54.02 | 01:46.89 | 01:39.76    | 05:09.70 | 04:53.40 | 04:37.10 | 04:20.80 | 04:04.50 | 03:48.20    |
| T44 | 01:54.13 | 01:48.13 | 01:42.12 | 01:36.11 | 01:30.10 | 01:24.10    | 04:30.33 | 04:16.10 | 04:01.88 | 03:47.65 | 03:33.42 | 03:19.19    |
| T45 | 02:07.66 | 02:00.94 | 01:54.22 | 01:47.50 | 01:40.78 | 01:34.07    | 04:11.60 | 03:58.36 | 03:45.11 | 03:31.87 | 03:18.63 | 03:05.39    |
| T46 | 01:45.64 | 01:40.08 | 01:34.52 | 01:28.96 | 01:23.40 | 01:17.84    | 04:11.60 | 03:58.36 | 03:45.11 | 03:31.87 | 03:18.63 | 03:05.39    |
| T47 | 01:45.64 | 01:40.08 | 01:34.52 | 01:28.96 | 01:23.40 | 01:17.84    | 04:11.60 | 03:58.36 | 03:45.11 | 03:31.87 | 03:18.63 | 03:05.39    |
| T51 | 03:03.24 | 02:53.59 | 02:43.95 | 02:34.30 | 02:24.66 | 02:15.02    | 06:11.72 | 05:52.15 | 05:32.59 | 05:13.02 | 04:53.46 | 04:33.90    |
| T52 | 02:03.25 | 01:56.77 | 01:50.28 | 01:43.79 | 01:37.30 | 01:30.82    | 04:00.84 | 03:48.17 | 03:35.49 | 03:22.82 | 03:10.14 | 02:57.46    |
| T53 | 01:41.31 | 01:35.98 | 01:30.64 | 01:25.31 | 01:19.98 | 01:14.65    | 03:20.51 | 03:09.95 | 02:59.40 | 02:48.85 | 02:38.29 | 02:27.74    |
| T54 | 01:38.61 | 01:33.42 | 01:28.23 | 01:23.04 | 01:17.85 | 01:12.66    | 03:12.79 | 03:02.65 | 02:52.50 | 02:42.35 | 02:32.21 | 02:22.06    |
| T60 | 01:57.48 | 01:51.29 | 01:45.11 | 01:38.93 | 01:32.74 | 01:26.56    | 04:41.24 | 04:26.44 | 04:11.63 | 03:56.83 | 03:42.03 | 03:27.23    |
| T61 | 02:36.66 | 02:28.41 | 02:20.17 | 02:11.92 | 02:03.67 | 01:55.43    | 05:09.70 | 04:53.40 | 04:37.10 | 04:20.80 | 04:04.50 | 03:48.20    |
| T62 | 01:53.37 | 01:47.41 | 01:41.44 | 01:35.47 | 01:29.50 | 01:23.54    | 05:37.84 | 05:20.06 | 05:02.28 | 04:44.50 | 04:26.71 | 04:08.93    |
| T63 | 02:36.66 | 02:28.41 | 02:20.17 | 02:11.92 | 02:03.67 | 01:55.43    | 05:51.50 | 05:33.00 | 05:14.50 | 04:56.00 | 04:37.50 | 04:19.00    |
| T64 | 01:52.61 | 01:46.69 | 01:40.76 | 01:34.83 | 01:28.91 | 01:22.98    | 04:30.33 | 04:16.10 | 04:01.88 | 03:47.65 | 03:33.42 | 03:19.19    |
| T71 | 04:02.84 | 03:50.06 | 03:37.28 | 03:24.50 | 03:11.71 | 02:58.93    |          |          |          |          |          |             |
| T72 | 02:28.52 | 02:20.71 | 02:12.89 | 02:05.07 | 01:57.26 | 01:49.44    |          |          |          |          |          |             |

|     | 1500M    |          |          |          |          |             | LONG JUMP |          |          |          |          |             |
|-----|----------|----------|----------|----------|----------|-------------|-----------|----------|----------|----------|----------|-------------|
|     | 13 years | 14 years | 15 years | 16 years | 17 years | 18-19 years | 13 years  | 14 years | 15 years | 16 years | 17 years | 18-19 years |
| T01 | 08:23.97 | 07:57.45 | 07:30.93 | 07:04.40 | 06:37.88 | 06:11.35    | 2.03      | 2.18     | 2.34     | 2.50     | 2.65     | 2.81        |
| T11 | 08:49.95 | 08:22.06 | 07:54.16 | 07:26.27 | 06:58.38 | 06:30.49    | 1.77      | 1.91     | 2.05     | 2.18     | 2.32     | 2.46        |
| T12 | 08:12.48 | 07:46.56 | 07:20.64 | 06:54.72 | 06:28.80 | 06:02.88    | 2.15      | 2.31     | 2.48     | 2.64     | 2.81     | 2.97        |
| T13 | 07:46.01 | 07:21.49 | 06:56.96 | 06:32.43 | 06:07.91 | 05:43.38    | 1.91      | 2.06     | 2.21     | 2.35     | 2.50     | 2.65        |
| T20 | 08:20.40 | 07:54.07 | 07:27.73 | 07:01.39 | 06:35.06 | 06:08.72    | 2.02      | 2.17     | 2.33     | 2.48     | 2.64     | 2.79        |
| T21 | 12:59.00 | 12:18.00 | 11:37.00 | 10:56.00 | 10:15.00 | 09:34.00    | 1.15      | 1.24     | 1.33     | 1.42     | 1.51     | 1.60        |
| II3 | 12:26.72 | 11:47.42 | 11:08.12 | 10:28.82 | 09:49.51 | 09:10.21    | 1.36      | 1.46     | 1.56     | 1.67     | 1.77     | 1.88        |
| T32 |          |          |          |          |          |             |           |          |          |          |          |             |
| T33 | 08:54.01 | 08:25.91 | 07:57.80 | 07:29.70 | 07:01.59 | 06:33.48    |           |          |          |          |          |             |
| T34 | 06:22.01 | 06:01.91 | 05:41.80 | 05:21.70 | 05:01.59 | 04:41.48    |           |          |          |          |          |             |
| T35 | 14:41.71 | 13:55.31 | 13:08.90 | 12:22.50 | 11:36.09 | 10:49.68    | 1.06      | 1.14     | 1.22     | 1.30     | 1.38     | 1.46        |
| T36 | 11:06.16 | 10:31.10 | 09:56.04 | 09:20.98 | 08:45.92 | 08:10.85    | 1.34      | 1.44     | 1.54     | 1.64     | 1.75     | 1.85        |
| T37 | 10:46.23 | 10:12.22 | 09:38.20 | 09:04.19 | 08:30.18 | 07:56.17    | 1.77      | 1.91     | 2.04     | 2.18     | 2.32     | 2.45        |
| T38 | 10:24.17 | 09:51.32 | 09:18.47 | 08:45.62 | 08:12.77 | 07:39.91    | 1.89      | 2.04     | 2.18     | 2.33     | 2.47     | 2.62        |
| T40 |          |          |          |          |          |             |           |          |          |          |          |             |
| T41 |          |          |          |          |          |             |           |          |          |          |          |             |
| T42 |          |          |          |          |          |             | 1.34      | 1.45     | 1.55     | 1.65     | 1.76     | 1.86        |
| T43 | 08:39.57 | 08:12.23 | 07:44.88 | 07:17.54 | 06:50.19 | 06:22.84    | 1.45      | 1.56     | 1.67     | 1.78     | 1.89     | 2.00        |
| T44 | 09:27.49 | 08:57.62 | 08:27.76 | 07:57.89 | 07:28.02 | 06:58.15    | 1.62      | 1.74     | 1.87     | 1.99     | 2.12     | 2.24        |
| T45 | 09:11.15 | 08:42.14 | 08:13.14 | 07:44.13 | 07:15.12 | 06:46.11    | 1.39      | 1.50     | 1.61     | 1.72     | 1.82     | 1.93        |
| T46 | 09:11.15 | 08:42.14 | 08:13.14 | 07:44.13 | 07:15.12 | 06:46.11    | 2.10      | 2.26     | 2.43     | 2.59     | 2.75     | 2.91        |
| T47 |          |          |          |          |          |             | 2.10      | 2.26     | 2.43     | 2.59     | 2.75     | 2.91        |
| T51 | 11:35.27 | 10:58.67 | 10:22.08 | 09:45.49 | 09:08.90 | 08:32.30    |           |          |          |          |          |             |
| T52 | 07:56.46 | 07:31.39 | 07:06.31 | 06:41.23 | 06:16.16 | 05:51.08    |           |          |          |          |          |             |
| T53 | 06:05.46 | 05:46.23 | 05:27.00 | 05:07.76 | 04:48.53 | 04:29.29    |           |          |          |          |          |             |
| T54 | 06:05.46 | 05:46.23 | 05:27.00 | 05:07.76 | 04:48.53 | 04:29.29    |           |          |          |          |          |             |
| T60 | 10:04.43 | 09:32.62 | 09:00.80 | 08:28.99 | 07:57.18 | 07:25.37    | 1.61      | 1.74     | 1.86     | 1.98     | 2.11     | 2.23        |
| T61 |          |          |          |          |          |             | 1.80      | 1.94     | 2.08     | 2.22     | 2.36     | 2.50        |
| T62 | 09:27.49 | 08:57.62 | 08:27.76 | 07:57.89 | 07:28.02 | 06:58.15    | 2.00      | 2.15     | 2.30     | 2.46     | 2.61     | 2.76        |
| T63 |          |          |          |          |          |             | 1.64      | 1.77     | 1.90     | 2.02     | 2.15     | 2.28        |
| T64 | 09:27.49 | 08:57.62 | 08:27.76 | 07:57.89 | 07:28.02 | 06:58.15    | 2.00      | 2.15     | 2.30     | 2.46     | 2.61     | 2.76        |
| T71 |          |          |          |          |          |             |           |          |          |          |          |             |
| T72 |          |          |          |          |          |             |           |          |          |          |          |             |

|     | SHOTPUT  |          |          |          |          |             | DISCUS   |          |          |          |          |             | JAVELIN (CLUB THROW F31, F32, F51) |          |          |          |          |             |
|-----|----------|----------|----------|----------|----------|-------------|----------|----------|----------|----------|----------|-------------|------------------------------------|----------|----------|----------|----------|-------------|
|     | 13 years | 14 years | 15 years | 16 years | 17 years | 18-19 years | 13 years | 14 years | 15 years | 16 years | 17 years | 18-19 years | 13 years                           | 14 years | 15 years | 16 years | 17 years | 18-19 years |
| F01 | 4.98     | 5.37     | 5.75     | 6.13     | 6.52     | 6.90        | 19.03    | 20.49    | 21.95    | 23.42    | 24.88    | 26.34       | 16.45                              | 17.72    | 18.99    | 20.25    | 21.52    | 22.78       |
| F11 | 5.63     | 6.06     | 6.50     | 6.93     | 7.36     | 7.79        | 13.14    | 14.15    | 15.16    | 16.17    | 17.18    | 18.19       | 12.55                              | 13.52    | 14.48    | 15.45    | 16.41    | 17.38       |
| F12 | 4.89     | 5.27     | 5.64     | 6.02     | 6.40     | 6.77        | 15.41    | 16.59    | 17.78    | 18.96    | 20.15    | 21.33       | 14.95                              | 16.10    | 17.25    | 18.40    | 19.55    | 20.70       |
| F13 | 4.24     | 4.57     | 4.89     | 5.22     | 5.55     | 5.87        | 14.52    | 15.63    | 16.75    | 17.87    | 18.98    | 20.10       | 14.49                              | 15.60    | 16.72    | 17.83    | 18.95    | 20.06       |
| F20 | 4.58     | 4.94     | 5.29     | 5.64     | 5.99     | 6.35        | 14.18    | 15.27    | 16.36    | 17.45    | 18.54    | 19.63       | 13.32                              | 14.34    | 15.36    | 16.39    | 17.41    | 18.44       |
| F21 | 2.44     | 2.63     | 2.81     | 3.00     | 3.19     | 3.38        | 5.88     | 6.33     | 6.78     | 7.24     | 7.69     | 8.14        | 6.60                               | 7.11     | 7.62     | 8.12     | 8.63     | 9.14        |
| II3 | 4.44     | 4.78     | 5.12     | 5.46     | 5.80     | 6.14        | 12.22    | 13.16    | 14.10    | 15.04    | 15.98    | 16.92       | 6.21                               | 6.69     | 7.17     | 7.64     | 8.12     | 8.60        |
| F31 |          |          |          |          |          |             |          |          |          |          |          |             | 6.65                               | 7.16     | 7.67     | 8.18     | 8.69     | 9.20        |
| F32 | 2.29     | 2.46     | 2.64     | 2.82     | 2.99     | 3.17        | 4.54     | 4.89     | 5.24     | 5.59     | 5.94     | 6.29        | 8.87                               | 9.55     | 10.23    | 10.91    | 11.59    | 12.28       |
| F33 | 2.54     | 2.73     | 2.93     | 3.12     | 3.32     | 3.51        | 7.35     | 7.92     | 8.48     | 9.05     | 9.61     | 10.18       | 5.54                               | 5.96     | 6.39     | 6.82     | 7.24     | 7.67        |
| F34 | 2.87     | 3.09     | 3.31     | 3.53     | 3.75     | 3.97        | 7.45     | 8.02     | 8.59     | 9.16     | 9.74     | 10.31       | 7.24                               | 7.80     | 8.36     | 8.91     | 9.47     | 10.03       |
| F35 | 4.52     | 4.87     | 5.22     | 5.56     | 5.91     | 6.26        | 10.37    | 11.17    | 11.97    | 12.77    | 13.57    | 14.36       | 9.24                               | 9.95     | 10.67    | 11.38    | 12.09    | 12.80       |
| F36 | 3.83     | 4.13     | 4.42     | 4.72     | 5.01     | 5.31        | 9.10     | 9.80     | 10.50    | 11.20    | 11.90    | 12.60       | 9.60                               | 10.34    | 11.08    | 11.82    | 12.56    | 13.30       |
| F37 | 5.04     | 5.43     | 5.81     | 6.20     | 6.59     | 6.98        | 12.44    | 13.40    | 14.36    | 15.32    | 16.27    | 17.23       | 12.30                              | 13.25    | 14.20    | 15.14    | 16.09    | 17.04       |
| F38 | 4.09     | 4.40     | 4.72     | 5.03     | 5.35     | 5.66        | 12.29    | 13.24    | 14.19    | 15.13    | 16.08    | 17.02       | 10.68                              | 11.50    | 12.33    | 13.15    | 13.97    | 14.79       |
| F40 | 3.04     | 3.27     | 3.51     | 3.74     | 3.97     | 4.21        | 8.22     | 8.86     | 9.49     | 10.12    | 10.75    | 11.39       | 7.60                               | 8.18     | 8.76     | 9.35     | 9.93     | 10.52       |
| F41 | 3.39     | 3.65     | 3.91     | 4.17     | 4.43     | 4.69        | 11.55    | 12.44    | 13.32    | 14.21    | 15.10    | 15.99       | 9.33                               | 10.05    | 10.76    | 11.48    | 12.20    | 12.92       |
| F42 | 3.78     | 4.07     | 4.37     | 4.66     | 4.95     | 5.24        | 11.88    | 12.80    | 13.71    | 14.62    | 15.54    | 16.45       | 10.24                              | 11.03    | 11.82    | 12.60    | 13.39    | 14.18       |
| F43 | 3.53     | 3.80     | 4.07     | 4.34     | 4.61     | 4.88        | 8.75     | 9.42     | 10.09    | 10.76    | 11.44    | 12.11       | 9.09                               | 9.79     | 10.49    | 11.19    | 11.89    | 12.59       |
| F44 | 4.27     | 4.60     | 4.93     | 5.26     | 5.58     | 5.91        | 14.47    | 15.59    | 16.70    | 17.81    | 18.93    | 20.04       | 14.01                              | 15.09    | 16.17    | 17.25    | 18.33    | 19.40       |
| F45 | 2.84     | 3.06     | 3.28     | 3.50     | 3.71     | 3.93        | 6.53     | 7.03     | 7.53     | 8.04     | 8.54     | 9.04        | 7.04                               | 7.58     | 8.12     | 8.66     | 9.20     | 9.74        |
| F46 | 4.33     | 4.66     | 5.00     | 5.33     | 5.66     | 5.99        | 13.69    | 14.74    | 15.80    | 16.85    | 17.90    | 18.95       | 14.86                              | 16.01    | 17.15    | 18.29    | 19.44    | 20.58       |
| F47 |          |          |          |          |          |             |          |          |          |          |          |             |                                    |          |          |          |          |             |
| F51 |          |          |          |          |          |             | 4.83     | 5.20     | 5.58     | 5.95     | 6.32     | 6.69        | 8.20                               | 8.83     | 9.46     | 10.09    | 10.72    | 11.35       |
| F52 | 2.85     | 3.07     | 3.29     | 3.51     | 3.73     | 3.95        | 5.66     | 6.09     | 6.53     | 6.96     | 7.40     | 7.83        | 4.37                               | 4.71     | 5.05     | 5.38     | 5.72     | 6.06        |
| F53 | 1.91     | 2.06     | 2.21     | 2.35     | 2.50     | 2.65        | 5.28     | 5.69     | 6.10     | 6.50     | 6.91     | 7.32        | 3.86                               | 4.15     | 4.45     | 4.75     | 5.04     | 5.34        |
| F54 | 2.66     | 2.87     | 3.07     | 3.28     | 3.48     | 3.69        | 6.49     | 6.99     | 7.49     | 7.98     | 8.48     | 8.98        | 6.58                               | 7.09     | 7.59     | 8.10     | 8.61     | 9.11        |
| F55 | 2.94     | 3.17     | 3.40     | 3.62     | 3.85     | 4.08        | 9.04     | 9.73     | 10.43    | 11.12    | 11.82    | 12.51       | 8.80                               | 9.47     | 10.15    | 10.83    | 11.50    | 12.18       |
| F56 | 3.23     | 3.48     | 3.73     | 3.98     | 4.23     | 4.48        | 8.54     | 9.20     | 9.86     | 10.51    | 11.17    | 11.83       | 7.81                               | 8.41     | 9.01     | 9.61     | 10.21    | 10.81       |
| F57 | 3.63     | 3.91     | 4.19     | 4.46     | 4.74     | 5.02        | 11.62    | 12.52    | 13.41    | 14.30    | 15.20    | 16.09       | 8.43                               | 9.08     | 9.73     | 10.38    | 11.03    | 11.68       |
| F60 | 3.60     | 3.88     | 4.16     | 4.44     | 4.71     | 4.99        | 10.35    | 11.15    | 11.94    | 12.74    | 13.54    | 14.33       | 11.71                              | 12.61    | 13.51    | 14.41    | 15.31    | 16.21       |
| F61 | 3.27     | 3.52     | 3.77     | 4.02     | 4.28     | 4.53        | 10.79    | 11.62    | 12.45    | 13.28    | 14.11    | 14.94       | 10.24                              | 11.03    | 11.82    | 12.60    | 13.39    | 14.18       |
| F62 | 3.45     | 3.71     | 3.98     | 4.24     | 4.51     | 4.77        | 11.51    | 12.39    | 13.28    | 14.16    | 15.05    | 15.93       | 9.09                               | 9.79     | 10.49    | 11.19    | 11.89    | 12.59       |
| F63 | 3.27     | 3.52     | 3.77     | 4.02     | 4.28     | 4.53        | 10.79    | 11.62    | 12.45    | 13.28    | 14.11    | 14.94       | 10.24                              | 11.03    | 11.82    | 12.60    | 13.39    | 14.18       |
| F64 | 3.62     | 3.90     | 4.18     | 4.46     | 4.74     | 5.02        | 12.22    | 13.16    | 14.10    | 15.04    | 15.98    | 16.92       | 8.65                               | 9.31     | 9.98     | 10.64    | 11.31    | 11.97       |