

## Metropolitan East 10-19yrs Track & Field Qualifying Standards 2026

BOYS									
Event	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17yrs	18-19yrs
100m	15.1	14.6	14.1	12.9	12.5	12.1	11.9	11.9	11.9
200m	31.6	30.2	29.3	26.1	25.2	24.4	24	23.6	23.6
400m				01:04.0	01:01.0	59.5	58.3	57.7	57.7
800m	02:46.0	02:41.0	02:34.0	02:26.0	02:20.0	02:15.0	02:12.0	02:11.0	02:11.0
1500m	05:30.0	05:19.0	05:12.0	05:05.0	04:50.0	04:45.0	04:40.0	04:35.0	04:35.0
3000m					10:00.0	10:00.0	09:40.0	09:40.0	
5000m									17:00.0
Shot Put	7.90m 2kg	9.60m 2kg	9.30m 3kg	11.25 m 3kg	11.75 m 4kg	12.50 m 4kg	11.50 m 5kg	12.00m 5kg	10.75 m 6kg
Discus	22.50m 500g	22.50m 750g	26.00m 750g	30.50 m 1kg	34.00 m 1kg	38.00 m 1kg	32.00 m 1.5kg	36.0m 1.5kg	32.0 m 1.75kg
Javelin				28.00 m 600g	33.00 m 700g	39.00 m 700g	41.00 m 700g	43.00 m 700g	43.00 m 800g
High Jump	1.18m	1.27m	1.31m	1.45m	1.55 m	1.64 m	1.70 m	1.70m	1.75 m
Long Jump	3.60m	3.93m	4.20m	5.10 m	5.40 m	5.70 m	5.90 m	5.90m	5.90 m
Triple Jump				10.40 m	11.20 m	11.70 m	11.90 m	12.10m	12.10 m

## Metropolitan East 10-19yrs Track & Field Qualifying Standards 2026

GIRLS									
Event	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17yrs	18-19yrs
100m	15.6	15.2	14.6	13.9	13.8	13.7	13.6	13.5	13.5
200m	33	31.5	30.5	28.5	28	27.7	27.6	27.6	27.6
400m				01:09.0	01:08.0	01:07.0	01:07.0	01:07.0	01:07.0
800m	02:55.0	02:49.0	02:43.0	02:40.0	02:38.0	02:38.0	02:38.0	02:38.0	02:38.0
1500m	05:55.0	05:50.0	05:45.0	05:40.0	05:35.0	05:30.0	05:30.0	05:30.0	05:30.0
3000m					11:22.0	11:22.0	11:22.0	11:22.0	
5000m									18:00.0
Shot Put	6.80m 2kg	8.05m 2kg	7.90m 3kg	8.80m 3kg	9.50m 3kg	9.80m 3kg	10.00m 3kg	10.00m 3kg	8.25 m 4kg
Discus	19.00m 500g	19.00m 750g	23.00m 750g	20.00 m 1kg	22.00 m 1kg	23.00 m 1kg	23.00 m 1kg	25.00 m 1kg	25.00 m 1kg
Javelin				22.50 m 400g	22.50m 500g	24.00 m 500g	27.00 m 500g	27.00 m 500g	24.00 m 600g
High Jump	1.10m	1.20m	1.28m	1.37 m	1.40 m	1.40 m	1.40 m	1.40 m	1.40 m
Long Jump	3.40m	3.75m	4.00m	4.40 m	4.60 m	4.65 m	4.70 m	4.70 m	4.70 m
Triple Jump				9.50 m	9.70 m	9.70 m	9.90 m	9.90 m	9.90 m

## Metropolitan East 13-19yrs Track & Field Paper Nomination Qualifying Standards

BOYS									
	10yrs	11yrs`	12yrs	13yrs	14yrs	15yrs	16yrs	17yrs	18-19yrs
3000m Walk				18:40.0	18:40.0	18:40.0			
5000m Walk							29:00.0	29:00.0	29:00.0
Sprint hurdles				00:15.0	15.6	15.5	16.6	16.6	16.7
200m Hurdles					29.8	29.8			
400m Hurdles							01:02.8	01:02.8	01:03.8
2000m Steeple					7.15.0	07:00.0	7.00.0	06:50.0	
3000m Steeple									7.15.0
Hammer				28.00 3kg	28.00 m 4kg	32.00 m 4kg	35.00 m 5kg	35.00 m 5kg	32.00 m 6kg
Pole Vault				2.30 m	2.30 m	2.30 m	2.70 m	2.70 m	3.00 m

