

2025 Metropolitan East 10 – 12Yrs T & F Trials

Qualifying Standards

Male

Event	10Yrs	11Yrs	12Yrs
100m	15.00	14.60	14.10
200m	31.6	30.20	29.30
800m	2.46.00	2.40.00	2.31.00
1500m	5.30.00	5.17.00	5.08.00
Long Jump	3.60m	3.90m	4.25m
High Jump	1.14m	1.27m	1.31m
Shot Put	8.00m (2kg)	9.70 (2kg)	9.40 (3kg)
Discus	23.00m (500g)	23.00m (750g)	28.00m (750g)

Female

Event	10Yrs	11Yrs	12Yrs
100m	15.50	15.00	14.50
200m	33.00	31.50	30.50
800m	2.55.00	2.47.00	2.40.00
1500m	5.51.00	5.38.00	5.28.00
Long Jump	3.40m	3.75m	4.00m
High Jump	1.08m	1.18m	1.28m
Shot Put	6.80m (2kg)	8.15m (2kg)	8.00m (3kg)
Discus	19.00m (500g)	19.00m (750g)	23.00m (750g)