

Metropolitan East 13 – 19yrs Track and Field Trials

Track Events – Regional Qualifying Standards – 2025

MEN

Event	13 Years	14 Years	15 Years	16 Years	17 Years	19 Years
100 metres	12.9	12.5	12.1	11.9	11.9	11.9
200 metres	26.1	25.2	24.4	24.0	23.6	23.6
400 metres	64.0	61.0	59.5	58.3	57.7	57.7
800 metres	2:26.0	2:20.0	2:15.0	2:12.0	2:11.0	2:11.0
1500 metres	5:05.0	4:50.0	4:45.0	4:40.0	4:35.0	4:35.0
3000 metres	#	10:00.0	10:00.0	9:40.0	9:40.0	#
5000 metres	#	#	#	#	#	17:00.0
3000 metres Walk*	18:40.0	18:40.0	18:40.0	#	#	#
5000 metres Walk*	#	#	#	29:00.0	29:00.0	29:00.0
Sprint hurdles*	15.0	15.6	15.5	16.6	16.6	16.7
200 metres Hurdles*	#	29.80	29.80	#	#	#
400 metres Hurdles*	#	#	#	1:02.8	1:02.8	1:03.8
2000 metres Steeple*	#	7.15.0	7:00.0	7:00.0	6:50.0	#
3000 metres Steeple*	#	#	#	#	#	10:20.0

* Event not conducted at the regional trial. Students are to nominate using **Appendix G**

No event in this age group

WOMEN

Event	13 Years	14 Years	15 Years	16 Years	17 Years	19 Years
100 metres	13.9	13.8	13.7	13.6	13.5	13.5
200 metres	28.5	28.0	27.7	27.6	27.6	27.6
400 metres	69.0	68.0	67.0	67.0	67.0	67.0
800 metres	2:40.0	2:38.0	2:38.0	2:38.0	2:38.0	2:38.0
1500 metres	5:40.0	5:35.0	5:30.0	5:30.0	5:30.0	5:30.0
3000 metres	#	11.22.0	11.22.0	11.22.0	11.22.0	#
5000 metres	#	#	#	#	#	18:0.0
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	15.7	15.6	17.5	17.4	17.4
200 metres Hurdles*		32.0	32.0			
400 metres Hurdles*				1:13.0	1:13.0	1:13.0
2000m Steeplechase*		8:40.0	8:40.0	8:40.0	8:40.0	
3000m Steeplechase*						13:20.0

* Event not conducted at the regional trial. Students are to nominate using **Appendix G**

No event in this age group

Metropolitan East 13 – 19yrs Track and Field Trials

Field Events – Regional Qualifying Standards – 2025

MEN

Event	13 Years	14 Years	15 Years	16 Years	17 Years	19 Years
Shot Put	11.25 m 3kg	11.75 m 4kg	12.50 m 4kg	11.50 m 5kg	12.00m 5kg	10.75 m 6kg
Discus	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	1.45m	1.55 m	1.64 m	1.70 m	1.70m	1.75 m
Long Jump	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
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

* Event not conducted at the regional trial. Students are to nominate using **Appendix H**

WOMEN

Event	13 Years	14 Years	15 Years	16 Years	17 Years	19 Years
Shot Put	8.80m 3kg	9.50m 3kg	9.80m 3kg	10.00m 3kg	10.00m 3kg	8.25 m 4kg
Discus	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	1.37 m	1.40 m	1.40 m	1.40 m	1.40 m	1.40 m
Long Jump	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
Hammer*	26.00m 3kg	27.00 m 3kg	28.00 m 3kg	30.00 m 3kg	32.00 m 3kg	27.00 m 4kg
Pole Vault*	2.00 m	2.00 m	2.00 m	2.00 m	2.00 m	2.00 m

* Event not conducted at the regional trial. Students are to nominate using **Appendix H**.

Competitors in the Pole Vault and Hammer Throw must supply a Certificate of Competence authorised by an accredited coach. [minimum current level 1 ATFCA] – **App H**.

Athletes must compete in the age group according to their year of birth. Multi-age events are conducted in all 18-19yrs events.