

2025 QRSS 10-19 Years Track & Field Championships – FINAL

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
100m	13.95 (14.19)	13.63 (13.87)	12.92 (13.16)
200m	29.58 (29.82)	28.57 (28.81)	27.00 (27.24)
800m	2:35.0	2:30.0	2:23.0
1500m	5:15.0	4:59.0	4:51.0
Long Jump	3.96m	4.22m	4:71m
High Jump	1.25m	1.36m	1.44
Shot Put	8.95m 2kg	10.83m 2kg	10.37m 3kg
Discus	28.25m 500g	28.44m 750g	32.61 750g

10-12 YEARS FEMALE QUALIFYING STANDARDS

Athletes must compete in the age group according to their year of birth.

Event	10 Years	11 Years	12 Years
100m	14.45 (14.69)	13.75 (13.99)	13.33 (13.57)
200m	30.78 (31.02)	28.97 (29.21)	28.12 (28.36)
800m	2:43.0	2:39.0	2:31.0
1500m	5:37.0	5:25.0	5:10.0
Long Jump	3.81m	4.15m	4.42m
High Jump	1.22m	1.32m	1.39m
Shot Put	7.94m 2kg	9.33m 2kg	8.83m 3kg
Discus	23.37m 500g	24.19m 750g	27.14m 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.

2025 QRSS 10-19 Years Track & Field Championships – FINAL

JUMP EVENTS STARTING HEIGHTS – MALE

	10 Years	11 Years	12 Years	13 Years	14 Years	15 Years	16 Years	17 Years	19 Years
High Jump	1.10 m	1.23 m	1.28 m	1.48 m	1.58 m	1.64 m	1.70 m	1.72 m	1.72 m
Pole Vault				2.00 m	2.00 m	2.00 m	2.00 m	2.00 m	2.00 m

JUMP EVENTS STARTING HEIGHTS – FEMALE

	10 Years	11 Years	12 Years	13 Years	14 Years	15 Years	16 Years	17 Years	19 Years
High Jump	1.08 m	1.18 m	1.28 m	1.37 m	1.40 m	1.40 m	1.40 m	1.40 m	1.40 m
Pole Vault				2.00 m	2.00 m	2.00 m	2.00 m	2.00 m	2.00 m

2025 QRSS 10-19 Years Track & Field Championships – FINAL
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	00:26.65	00:23.99	00:21.32	00:53.62	00:48.26	00:42.90
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			
T72	00:37.30	00:33.57	00:29.84			

2025 QRSS 10-19 Years Track & Field Championships – FINAL
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				1.21	1.33	1.45
II3	04:34.77	04:07.30	03:39.82	1.91	2.10	2.29
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						

2025 QRSS 10-19 Years Track & Field Championships – FINAL
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	4.32	4.75	5.19	11.46	12.61	13.76
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

2025 QRSS 10-19 Years Track & Field Championships – FINAL
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
II3	00:29.78	00:26.80	00:23.82	01:02.53	00:56.27	00:50.02
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			
T72	00:42.68	00:38.41	00:34.14			

2025 QRSS 10-19 Years Track & Field Championships – FINAL

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				0.89	0.98	1.07
II3	05:19.35	04:47.41	04:15.48	1.55	1.71	1.86
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						

2025 QRSS 10-19 Years Track & Field Championships – FINAL
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	3.53	3.88	4.23	10.91	12.00	13.09
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

2025 QRSS 10-19 Years Track & Field Championships – FINAL

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

2025 QRSS 10-19 Years Track & Field Championships – FINAL

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 (13.44)	13.1 (13.34)	13.0 (13.24)	13.0 (13.24)	13.0 (13.24)	13.0 (13.24)
200 metres	27.6 (27.84)	27.1 (27.34)	27.0 (27.24)	26.9 (27.14)	26.9 (27.14)	26.9 (27.14)
400 metres	1:03.8 (1:03.94)	1:03.1 (1:03.24)	1:03.1 (1:03.24)	1:03.0 (1:03.14)	1:03.0 (1:03.14)	1:03.0 (1:03.14)
800 metres	2:30.0	2:29.5	2:29.5	2:29.5	2:29.5	2:29.5
1500 metres	5:05.0	5:05.0	5:05.0	5:05.0	5:05.0	5:05.0
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 (14.54)	15.7 (15.94)	15.6 (15.84)	17.5 (17.74)	17.4 (17.64)	17.4 (17.64)
200 metres Hurdles		32.0 (32.24)	32.0 (32.24)			
400 metres Hurdles				1:13.0 (1:13.14)	1:13.0 (1:13.14)	1:13.0 (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.

2025 QRSS 10-19 Years Track & Field Championships – FINAL

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

Notes:

1. 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.

2025 QRSS 10-19 Years Track & Field Championships – FINAL

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	00:20.25	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
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						
T72	00:28.35	00:26.86	00:25.36	00:23.87	00:22.38	00:20.89						

2025 QRSS 10-19 Years Track & Field Championships – FINAL

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						
II3	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
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												
T72												

2025 QRSS 10-19 Years Track & Field Championships – FINAL

13-19 YEARS MALE MULTI-CLASS QUALIFYING STANDARDS

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	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							1.57	1.69	1.81	1.93	2.05	2.17
II3	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
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
T71												
T72												

2025 QRSS 10-19 Years Track & Field Championships – FINAL

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
II3	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
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

2025 QRSS 10-19 Years Track & Field Championships – FINAL

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	00:22.63	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
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						
T72	00:32.43	00:30.73	00:29.02	00:27.31	00:25.60	00:23.90						

2025 QRSS 10-19 Years Track & Field Championships – FINAL

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						
II3	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
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						
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												
T72												

2025 QRSS 10-19 Years Track & Field Championships – FINAL

13-19 YEARS FEMALE MULTI-CLASS QUALIFYING STANDARDS

	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							1.15	1.24	1.33	1.42	1.51	1.60
II3	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
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												

2025 QRSS 10-19 Years Track & Field Championships – FINAL

13-19 YEARS FEMALE 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	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	4.58	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
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