

ATHLETICS AUSTRALIA
2009-10 AUSTRALIAN CHAMPIONSHIP ENTRY STANDARDS

Men	Open	Under 23	Under 20	<u>Junior & Youth Championships – March</u>					<u>All Schools / Youth Championships - December</u>				
				Under 18	Under 17	Under 16	Under 15	Under 14	Under 18	Under 17	Under 16	Under 15	Under 14
100 metres	10.6 (10.84)	10.8 (11.04)	10.9 (11.14)	11.0 (11.24)	11.1 (11.34)	11.5 (11.74)	11.6 (11.84)	12.2 (12.44)	10.9 (11.14)	10.9 (11.14)	11.2 (11.44)	11.4 (11.64)	12.1 (12.43)
200 metres	21.3 (21.54)	21.9 (22.14)	22.1 (22.34)	22.6 (22.84)	22.8 (23.04)	23.4 (23.64)	24.0 (24.24)	25.4 (25.64)	22.4 (22.64)	22.6 (22.84)	23.0 (23.24)	23.5 (23.74)	25.2 (25.44)
400 metres	48.2 (48.34)	49.5 (49.64)	50.0 (50.14)	51.0 (51.14)	52.0 (52.14)	54.0 (54.14)	55.5 (55.64)	59.0 (59.14)	50.6 (50.74)	51.0 (51.14)	52.2 (52.34)	53.5 (53.64)	58.2 (58.34)
800 metres	1:51.5	1:54.0	1:57.0	2:04.0	2:05.0	2:08.0	2:15.0	2:18.0	1:58.0	2:00.0	2:04.0	2:08.0	2:15.0
1500 metres	3:52.0	4:00.0	4:03.0	4:05.0	4:12.0	4:22.0	4:26.0	4:40.0	4:05.0	4:05.0	4:12.0	4:22.0	4:37.0
3000 metres	8:20.0			9:15.0	9:25.0	9:40.0	10:10.0		9:10.0	9:20.0	9:30.0	9:40.0	
5000 metres	14:18.0	15:30.0	16:00.0										
10000 metres	31:00.0	32:00.0											
90 m Hurdles								14.5 (14.74)					14.2 (14.44)
100 m Hurdles						15.2 (15.44)	15.5 (15.74)				14.2 (14.44)	14.8 (15.04)	
110 m Hurdles	15.3 (15.54)	16.7 (16.94)	17.0 (17.24)	16.5 (16.74)	16.8 (17.04)				15.3 (15.54)	15.7 (15.94)			
200 m Hurdles						30.0 (30.24)	31.0 (31.24)				28.0 (28.24)	29.0 (29.24)	
400 m Hurdles	54.5 (54.64)	58.0 (58.14)	60.0 (60.14)	61.0 (61.14)	62.0 (62.14)				60.0 (60.14)	61.0 (61.14)			
2000 m Steeple				6:50.0	7:00.0	7:00.0	7:10.0		6:40.0	6:40.0	6:48.0	7:00.0	
3000 m Steeple	9:25.0	10:20.0	10:30.0										
1500 m Walk								8:30.0					8:20.0
3000 m Walk						16:30.0	17:00.0				16:00.0	16:30.0	
5000 m Walk				29:00.0	30:00.0				29:00.0	29:00.0			
10,000 m Walk			58:00.0										
20km Walk	1:50:00	2:10:00											
High Jump	2.06	1.95	1.95	1.92	1.90	1.85	1.78	1.63	1.95	1.93	1.88	1.81	1.65
starting height	1.85	1.80	1.80	1.70	1.65	1.60	1.60	1.40	1.75	1.70	1.65	1.65	1.40
Pole Vault	4.80	3.80	3.80	3.30	3.00	2.60	2.40	2.20	3.40	3.30	2.80	2.70	2.30
starting height	4.60	3.40	3.40	2.90	2.60	2.20	2.00	1.80	3.00	2.90	2.40	2.40	2.00
Long Jump	7.30	6.80	6.80	6.60	6.40	6.10	5.90	5.40	6.80	6.70	6.40	6.20	5.50
Triple Jump	14.50	13.50	13.40	13.30	12.80	12.30	12.00	11.30	13.50	13.20	12.80	12.40	11.40
take-off board(s)	13m	11/13m	11/13m	11/13m	11/13m	11m	11m	9/11m	11/13m	11/13m	11m	11m	9/11m
Shot Put	14.50	11.80	12.00	14.40	14.00	14.40	14.00	13.50	14.70	14.50	14.60	14.50	13.60
Discus Throw	47.00	37.00	37.00	46.00	43.00	47.00	43.00	38.00	48.00	47.00	52.00	49.00	39.00
Hammer Throw	51.00	35.00	36.00	40.00	37.00	33.00	32.00		41.00	40.00	37.00	34.00	
Javelin Throw	64.00	53.00	50.00	54.00	52.00	48.00	42.00	38.00	57.00	55.00	52.00	50.00	40.00
Decathlon	6000	5600											
Combined Event			4600										

Electronic times appear in brackets under the hand times

The qualifying period for the Combined Events began on October 1 2008

The qualifying period for all other events began on January 1 2009

Note: In events of 3,000 metres or longer, if more entries are received than can be accommodated in one race, those athletes with the slower qualifying performances may be placed in a "B" division.

ATHLETICS AUSTRALIA
2009-10 AUSTRALIAN CHAMPIONSHIP ENTRY STANDARDS

Women	Open	Under 23	Under 20	<i>Junior & Youth Championships - March</i>					<i>All Schools / Youth Championships - December</i>				
				Under 18	Under 17	Under 16	Under 15	Under 14	Under 18	Under 17	Under 16	Under 15	Under 14
100 metres	12.3 (12.54)	12.4 (12.64)	12.4 (12.64)	12.3 (12.54)	12.4 (12.64)	12.5 (12.74)	12.6 (12.84)	12.8 (13.04)	12.3 (12.54)	12.3 (12.54)	12.4 (12.64)	12.5 (12.74)	12.7 (12.94)
200 metres	24.9 (25.14)	25.2 (25.44)	25.2 (25.44)	25.5 (25.74)	25.6 (25.84)	25.8 (26.04)	26.0 (26.24)	26.8 (27.04)	25.5 (25.74)	25.5 (25.74)	25.6 (25.84)	25.8 (26.04)	26.5 (26.74)
400 metres	56.5 (56.64)	57.8 (57.94)	58.2 (58.34)	59.0 (59.14)	59.5 (59.64)	60.0 (60.14)	61.0 (61.14)	63.0 (63.14)	58.8 (58.94)	59.0 (59.14)	59.2 (59.34)	59.8 (59.94)	62.0 (62.14)
800 metres	2:12.0	2:17.0	2:20.0	2:20.0	2:20.0	2:22.0	2:24.0	2:25.0	2:20.0	2:20.0	2:20.0	2:22.0	2:24.0
1500 metres	4:40.0	4:42.0	4:45.0	4:48.0	4:48.0	4:50.0	4:55.0	5:00.0	4:48.0	4:48.0	4:48.0	4:50.0	4:57.0
3000 metres	9:55.0			10:55.0	10:55.0	10:55.0	11:00.0		10:55.0	10:55.0	10:55.0	10:55.0	
5000 metres	17:10.0	17:40.0	18:30.0										
10000 metres	38:30.0	40:00.0											
80 m Hurdles								13.6 (13.84)					13.5 (13.74)
90 m Hurdles						14.5 (14.74)	14.8 (15.04)				13.6 (13.84)	14.0 (14.24)	
100 m Hurdles	15.5 (15.74)	15.6 (15.84)	16.0 (16.24)	16.0 (16.24)	16.1 (16.34)				15.6 (15.84)	15.7 (15.94)			
200 m Hurdles						31.0 (31.24)	32.0 (32.24)				30.5 (30.74)	30.8 (31.04)	
400 m Hurdles	65.0 (65.14)	69.0 (69.14)	71.0 (71.14)	72.0 (72.14)	73.0 (73.14)				71.0 (71.14)	72.0 (72.14)			
2000 m Steeple				7:55.0	8:00.0	8:05.0	8:15.0		7:50.0	7:55.0	8:00.0	8:05.0	
3000 m Steeple	12:10.0	12:45.0	12:45.0										
1500 m Walk								8:20.0					8:15.0
3000 m Walk						16:40.0	16:50.0				16:30.0	16:40.0	
5000 m Walk				31:00.0	32:00.0				31:00.0	31:30.0			
10,000 m Walk			62:00.0										
20km Walk	2:00:00	2:15:00											
High Jump	1.73	1.66	1.66	1.65	1.64	1.63	1.60	1.55	1.65	1.65	1.65	1.63	1.58
starting height	1.65	1.60	1.50	1.45	1.45	1.40	1.40	1.35	1.50	1.50	1.45	1.40	1.35
Pole Vault	3.70	3.20	3.20	2.70	2.50	2.40	2.30	2.10	2.80	2.70	2.50	2.40	2.20
starting height	3.30	2.80	2.80	2.30	2.10	2.00	1.90	1.70	2.40	2.30	2.10	2.00	1.80
Long Jump	5.85	5.60	5.50	5.50	5.40	5.30	5.20	4.90	5.60	5.50	5.40	5.30	5.10
Triple Jump	11.60	11.40	11.40	11.30	11.20	11.00	10.70	10.50	11.30	11.30	11.20	11.00	10.60
take-off board(s)	11m	11m	11m	9/11m	9/11m	9/11m	9/11m	9/11m	9/11m	9/11m	9/11m	9/11m	9/11m
Shot Put	12.50	11.50	11.20	11.00	10.80	10.40	10.00	10.50	11.20	11.10	10.50	10.40	10.90
Discus Throw	45.00	40.00	39.00	38.00	37.00	36.00	34.00	30.00	39.00	38.00	37.00	35.00	32.00
Hammer Throw	42.00	33.00	30.00	30.00	28.00	27.00	26.00		30.00	30.00	28.00	27.00	
Javelin Throw	42.00	39.00	38.00	38.00	36.00	35.00	30.00	30.00	38.00	38.00	36.00	35.00	33.00
Heptathlon	4000	4000	3600										

Electronic times appear in brackets under the hand times

The qualifying period for the Combined Events began on October 1 2008

The qualifying period for all other events began on January 1 2009

Note: In events of 3,000 metres or longer, if more entries are received than can be accommodated in one race, those athletes with the slower qualifying performances may be placed in a "B" division.