

ATHLETICS AUSTRALIA
2010-11 AUSTRALIAN CHAMPIONSHIP QUALIFYING STANDARDS

Men	Open	Under 23	Under 20	Under 18	Under 17	Under 16	Under 15	Under 14
100 metres	10.6 (10.84)	10.8 (11.04)	10.8 (11.04)	11.0 (11.24)	11.1 (11.34)	11.5 (11.74)	11.6 (11.84)	12.4 (12.64)
200 metres	21.3 (21.54)	21.9 (22.14)	22.0 (22.24)	22.6 (22.84)	22.8 (23.04)	23.4 (23.64)	24.0 (24.24)	25.6 (25.84)
400 metres	48.2 (48.34)	49.5 (49.64)	49.9 (50.04)	51.0 (51.14)	52.0 (52.14)	54.0 (54.14)	55.5 (55.64)	60.0 (60.14)
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
1500 metres	3:52.0	4:00.0	4:03.0	4:05.0	4:12.0	4:20.0	4:26.0	4:40.0
3000 metres	8:20.0			9:15.0	9:25.0	9:40.0	10:10.0	
5000 metres	14:18.0	15:30.0	16:00.0					
10000 metres	31:00.0	32:00.0						
90 m Hurdles								14.7 (14.94)
100 m Hurdles						15.2 (15.44)	15.5 (15.74)	
110 m Hurdles	15.3 (15.54)	16.7 (16.94)	17.0 (17.24)	16.5 (16.74)	16.8 (17.04)			
200 m Hurdles						30.0 (30.24)	31.0 (31.24)	
400 m Hurdles	54.5 (54.64)	58.0 (58.14)	60.0 (60.14)	61.0 (61.14)	62.5 (62.64)			
2000 m Steeple				6:50.0	7:00.0	7:00.0	7:15.0	
3000 m Steeple	9:25.0	10:20.0	10:30.0					
1500 m Walk								(8:30.0*)
3000 m Walk						16:30.0	17:00.0	17:30.0
5000 m Walk				29:00.0	30:00.0			
10,000 m Walk			58:00.0					
20km Walk	1:50:00	2:10:00						
High Jump	2.06	1.95	1.95	1.90	1.87	1.82	1.78	1.60
starting height	1.85	1.85	1.80	1.70	1.65	1.60	1.60	1.40
Pole Vault	4.80	4.60	3.70	3.20	3.00	2.50	2.30	2.20
starting height	4.60	4.60	3.30	2.80	2.60	2.10	1.90	1.80
Long Jump	7.30	6.80	6.80	6.60	6.40	6.10	5.90	5.30
Triple Jump	14.50	13.50	13.40	13.30	12.70	12.30	12.00	11.20
take-off board(s)	13m	11/13m	11/13m	11/13m	11/13m	11m	11m	9/11m
Shot Put	14.50	11.80	12.00	14.40	14.00	14.40	14.00	13.40
Discus Throw	47.00	37.00	37.00	46.00	43.00	47.00	43.00	37.00
Hammer Throw	51.00	35.00	36.00	40.00	37.00	32.00	30.00	
Javelin Throw	64.00	53.00	50.00	54.00	52.00	48.00	42.00	38.00
Decathlon	6000	5600						
Combined Event			4600	5000	5000	3200	3200	

Electronic times appear in brackets under the hand times

The qualifying period for the Combined Events began on October 1 2009

The qualifying period for all other events began on January 1 2010

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.

The 1500mW is a qualifying time for the 3,000m events, the event will not be contested at that distance.

ATHLETICS AUSTRALIA
2010-11 AUSTRALIAN CHAMPIONSHIP QUALIFYING STANDARDS

Women	Open	Under 23	Under 20	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)	12.9 (13.14)
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)	27.0 (27.24)
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)
800 metres	2:12.0	2:17.0	2:20.0	2:20.0	2:20.0	2:22.0	2:24.0	2:26.0
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
3000 metres	9:55.0			10:55.0	10:55.0	10:55.0	11:00.0	
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)
90 m Hurdles						14.5 (14.74)	14.8 (15.04)	
100 m Hurdles	15.5 (15.74)	15.6 (15.84)	16.0 (16.24)	16.0 (16.24)	16.1 (16.34)			
200 m Hurdles						31.0 (31.24)	32.0 (32.24)	
400 m Hurdles	65.0 (65.14)	69.0 (69.14)	71.0 (71.14)	72.0 (72.14)	73.0 (73.14)			
2000 m Steeple				7:55.0	8:00.0	8:05.0	8:15.0	
3000 m Steeple	12:10.0	12:45.0	12:50.0					
1500 m Walk								(8:30.0*)
3000 m Walk						16:40.0	17:00.0	17:30.0
5000 m Walk				31:00.0	32:00.0			
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
starting height	1.65	1.65	1.50	1.45	1.45	1.40	1.40	1.35
Pole Vault	3.70	3.30	3.20	2.70	2.50	2.40	2.30	2.10
starting height	3.30	3.30	2.80	2.30	2.10	2.00	1.90	1.70
Long Jump	5.85	5.60	5.50	5.50	5.40	5.30	5.20	4.90
Triple Jump	11.60	11.40	11.40	11.30	11.20	11.00	10.70	10.50
take-off board(s)	11m	11m	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
Discus Throw	45.00	40.00	39.00	38.00	37.00	36.00	34.00	30.00
Hammer Throw	42.00	33.00	30.00	30.00	28.00	27.00	25.00	
Javelin Throw	42.00	39.00	38.00	38.00	36.00	35.00	30.00	30.00
Heptathlon	4000	4000	3600	3500		3200	3200	

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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.

The 1500mW is a qualifying time for the 3,000m events, the event will not be contested at that distance.

**ATHLETICS AUSTRALIA
2010-11 AWD AUSTRALIAN CHAMPIONSHIP ENTRY STANDARDS**

Men Class:	F/T01	F/T11	F/T1	F/T13	F/T20	F/T32/51	F/T33	F/T34	F/T35	F/T36	F/T37
100m	12.8 (13.04)	15.4 (15.64)	14.0 (14.24)	13.4 (13.64)	12.8 (13.04)	28.6 (28.84)	24.0 (24.24)	22.1 (22.34)	16.9 (17.14)	15.9 (16.14)	14.6 (14.84)
200m	25.9 (26.14)	30.4 (30.64)	27.6 (27.84)	26.8 (27.04)	25.9 (26.14)	51.9 (52.14)	44.2 (44.44)	42.8 (43.04)	36.9 (37.14)	34.6 (34.84)	29.3 (29.54)
400m	59.5 (59.64)	1:06.0 (1:06.14)	1:01.9 (1:02.04)	1:00.20 (1:00.34)	59.5 (59.64)	1:42.8 (1:42.94)	1:19.3 (1:19.44)	1:15.5 (1:15.64)	1:26.0 (1:26.14)	1:18.0 (1:18.14)	1:09.1 (1:09.24)
800m	2:20.00	2:39.00	2:28.00	2:26.00	2:20.00	3:10.00	2:41.00	2:32.00	3:09.00	2:56.00	2:37.00
1500m	4:48.00	5:14.00	4:53.00	4:48.00	4:48.00	5:50.00	4:50.00	5:05.00	6:23.00	5:52.00	5:25.00
5000m	18:30.00	19:50.00	18:55.00	18:40.00	18:20.00	19:40.00				23:00.00	21:42.00
10000m			41:40.00	38:15.00	38:30.00	38:00.00					46:00.00
High Jump	1.5m	1.1m	1.40m	1.45m	1.50m						
Long Jump	6.20m	4.10m	5.10m	5.30m	5.50m					3.90m	4.70m
Triple Jump	10.00m	8.00	9.60m	10.20m	10.40m						
Shot Put	11.10 (7.26Kg)	8.10 (7.26Kg)	9.90 (7.26Kg)	10.20 (7.26Kg)	10.20 (7.26Kg)	4.50 (2Kg)	5.20 (3Kg)	8.10 (4Kg)	7.90 (4Kg)	8.70 (4Kg)	9.20 (5Kg)
Discus Throw	32.00 (2Kg)	25.20 (2Kg)	28.00 (2Kg)	30.00 (2Kg)	30.00 (2Kg)	6.50 (1Kg)	13.00 (1Kg)	22.70 (1Kg)	22.50 (1Kg)	24.70 (1Kg)	28.00 (1Kg)
Javelin Throw	40.90 (800g)	25.00 (800g)	31.00 (800g)	35.00 (800g)	35.00 (800g)	17.00 (397g/club)	11.05 (600g)	17.30 (600g)	20.80 (600g)	24.00 (600g)	32.30 (600g)

Men Class:	F38	F40	F42	F43/44	T45-46	F52	F53	F54	T55	T56	T57	T58	T60
100m	13.9 (14.14)	20.1 (20.34)	17.1 (17.34)	14.5 (14.74)	12.9 (13.14)	22.6 (22.84)	18.3 (18.54)	17.2 (17.44)					13.7 (13.94)
200m	27.9 (28.14)	43.5 (43.74)	37.8 (38.04)	30.3 (30.54)	26.4 (26.64)	40.7 (40.94)	33.1 (33.24)	31.0 (31.24)					27.9 (28.14)
400m	1:03.6 (1:03.74)			1:06.2 (1:06.34)	58.8 (58.94)	1:18.7 (1:18.84)	1:03.2 (1:03.34)	60.0 (60.14)					1:05.6 (1:05.74)
800m	2:28.00			2:45.00	2:24.00	2:29.00	2:05.00	2:00.00					2:39.00
1500m	5:10.00			5:58.00	4:48.00	4:48.00	3:40.00	3:40.00					5:20.00
5000m	21:00.00			22:50.00	18:30.00	16:10.00	12:20.00	12:20.00					20:00.00
10000m	45:00.00				38:00.00	32:00.00	25:00.00						
High Jump	1.25m		1.30	1.40m	1.45m								
Long Jump	4.90m		3.60m	5.00m	5.30m								4.70m
Triple Jump	10.20m												9.60m
Shot Put/Club	9.30 (5Kg)	6.50 (4Kg)	8.50 (6Kg)	9.80 (6Kg)	10.00 (6Kg)	5.60 (2Kg)	5.20 (3Kg)	6.30 (4Kg)	7.00 (4Kg)	8.10 (4Kg)	8.70 (4Kg)	9.40 (5Kg)	8.50 (7.26Kg)
Discus Throw	26.80 (1.5Kg)	12.80 (1Kg)	29.50 (1.5Kg)	35.00 (1.5Kg)	35.00 (1.5Kg)	12.00 (1Kg)	12.40 (1Kg)	18.50 (1Kg)	20.60 (1Kg)	23.50 (1Kg)	26.50 (1Kg)	28.80 (1Kg)	28.50 (2Kg)
Javelin Throw	31.80 (800g)	15.60 (600g)	30.00 (800g)	35.00 (800g)	36.00 (800g)	10.60 (600g)	11.80 (600g)	17.10 (600g)	18.40 (600g)	22.50 (600g)	25.40 (600g)	27.80 (600g)	30.30 (800g)

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2010-11 AWD AUSTRALIAN CHAMPIONSHIP ENTRY STANDARDS**

Women Class:	F/T01	F/T11	F/T12	F/T13	F/T20	F/T32/51	F/T33	F/T34	F/T35	F/T36	F/T37
100m	14.7 (14.94)	16.9 (17.14)	15.8 (16.04)	15.3 (15.54)	14.7 (14.94)	33.5 (33.74)	25.6 (25.84)	24.5 (24.74)	24.6 (24.84)	17.8 (18.04)	16.9 (17.14)
200m	29.8 (30.04)	35.3 (35.54)	32.5 (32.74)	31.9 (32.14)	30.3 (30.54)	1:20.5 (1:20.74)	47.2 (47.44)	45.6 (45.84)	45.8 (46.04)	43.0 (43.24)	37.3 (37.54)
400m	1:12.0 (1:12.14)	1:18.5 (1:18.74)	1:14.0 (1:14.14)	1:12.0 (1:12.14)	1:12.0 (1:12.14)	2:17.9 (2:18.04)	1:31.4 (1:31.51)	1:28.0 (1:28.14)	1:49.9 (1:50.04)	1:47.0 (1:47.14)	1:24.0 (1:24.14)
800m	2:47.00	3:07.00	2:53.00	2:49.00	2:47.00	4:20.00	3:03.00	2:58.00	4:34.00	4:18.00	3:19.00
1500m	5:56.00	6:30.00	6:22.00	6:15.00	5:56.00	7:30.00	6:20.00	5:35.00			6:50.00
5000m	24:50.00	26:00.00	25:30.00	25:30.00	24:50.00						
High Jump	1.20m	1.00m	1.05m	1.10m	1.20m						
Long Jump	4.00m	3.00m	3.30m	3.50m	4.00m					2.20m	2.70m
Triple Jump	8.20m	6.50m	7.50m	7.80m	8.30m						
Shot Put/Club	8.40 (4Kg)	7.00 (4Kg)	7.70 (4Kg)	7.80 (4Kg)	8.20 (4Kg)	3.80 (2Kg)	4.20 (3Kg)	4.50 (3Kg)	5.60 (3Kg)	6.70 (3Kg)	7.00 (3Kg)
Discus Throw	23.50 (1Kg)	18.50 (1Kg)	22.50 (1Kg)	23.50 (1Kg)	23.50 (1Kg)	6.60 (1Kg)	8.90 (1Kg)	9.90 (1Kg)	12.90 (1Kg)	15.50 (1Kg)	17.90 (1Kg)
Javelin Throw	24.30 (600g)	17.00 (600g)	19.60 (600g)	21.50 (600g)	23.30 (600g)	7.00 (397g/club)	8.10 (600g)	8.50 (600g)	10.50 (600g)	12.10 (600g)	16.60 (600g)

Women Class:	F38	F40	F42	F43/4	T45-46	F52	F53	F54	T55	T56	T57	T58	T60
100m	16.7 (16.94)		22.3 (22.54)	17.5 (17.74)	14.7 (14.94)	24.5 (24.74)	21.0 (21.24)	19.6 (19.84)					16.7 (16.94)
200m	36.5 (36.74)		47.8 (48.04)	36.9 (37.14)	29.8 (30.04)	45.6 (45.84)	36.4 (36.64)	34.6 (34.84)					35.4 (35.64)
400m	1:22.5 (1:22.64)		2:01.5 (2:01.64)	1:40.9 (1:41.04)	1:12.0 (1:12.14)	1:28.0 (1:28.14)	1:13.2 (1:13.34)	1:09.5 (1:09.64)					1:22.5 (1:22.64)
800m	3:14.00			3:55.00	2:56.00	3:03.00	2:2800	2:20.00					3:20.00
1500m	6:40.00			8:00.00	6:30.00	6:20.00	4:20.00	4:20.00					6:30.00
5000m					25:30.00		14:40.00	14:40.00					
High Jump			1.00m	1.10m	1.20m								
Long Jump	3.10m		2.40m	3.00m	4.15m								
Triple Jump					8.00m								
Shot Put/Club	6.90 (3Kg)	4.40 (3Kg)	5.60 (4Kg)	7.30 (4Kg)	7.30 (4Kg)	3.00 (4Kg)	3.50 (4Kg)	4.20 (4Kg)	5.30 (4Kg)	6.20 (4Kg)	6.80 (4Kg)	6.90 (4Kg)	7.10 (4Kg)
Discus Throw	19.20 (1Kg)	12.50 (750g)	18.20 (1Kg)	20.60 (1Kg)	21.80 (1Kg)	7.80 (1Kg)	8.00 (1Kg)	10.10 (1Kg)	15.70 (1Kg)	15.70 (1Kg)	16.20 (1Kg)	17.40 (1Kg)	23.80 (1Kg)
Javelin Throw	17.60 (600g)	10.00 (400g)	17.60 (600g)	19.60 (600g)	20.40 (600g)	5.40 (600g)	6.90 (600g)	8.80 (600g)	10.60 (600g)	11.90 (600g)	14.50 (600g)	15.70 (600g)	20.40 (600g)

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