

2019 ENTRY STANDARDS

For any athlete wishing to enter events which they have not met the targets outlined below please contact the Athletics New Zealand Events Manager to seek an exemption or clarification on competitions@athletics.org.nz.

| EVENT | SM | M-U20 | M-U18 | SW | W-U20 | W-U18 |
|------------------------------|---------|---------|---------|---------|---------|---------|
| 100m | 11.34 | 11.60 | 11.94 | 12.74 | 13.24 | 13.54 |
| 200m | 22.85 | 23.64 | 23.94 | 26.34 | 26.94 | 27.24 |
| 400m | 51.24 | 52.84 | 53.74 | 61.54 | 63.54 | 64.24 |
| 800m | 1:58.0 | 2:02.5 | 2:06.0 | 2:20.0 | 2:25.0 | 2:27.0 |
| 1500m | 4:02.0 | 4:15.0 | 4:20.0 | 4:40.0 | 5:00.0 | 5:10.0 |
| 3000m | - | - | 9:46.0 | - | - | 11:30.0 |
| 5000m | 16:00.0 | 16:15.0 | - | 18:20.0 | 19:20.0 | - |
| 110mH/100mH* | 16.54 | 17.54 | 17.54 | 16.74* | 17.54* | 17.24* |
| 400mH/300mH* | 59.24 | 60.14 | 46.00* | 67.54 | 69.14 | 51.14* |
| 3000m/2000m* Steeplechase | 9:45.0 | 10:30.0 | 7:05.0* | 12:30.0 | 13:20.0 | 8:30.0* |
| 3000m Track Walk | 16:30.0 | 17:00.0 | 17:30.0 | 19:00.0 | 19:30.0 | 20:00.0 |
| 10,000m Track Walk | NS | NS | - | NS | NS | - |
| High Jump | 1.85m | 1.75m | 1.70m | 1.65m | 1.55m | 1.45m |
| Pole Vault | 3.60m | 3.40m | 3.20m | 3.30m | 2.90m | 2.60m |
| Long Jump | 6.10m | 5.90m | 5.40m | 5.10m | 4.90m | 4.50m |
| Triple Jump | 12.50m | 11.50m | 11.00m | 10.40m | 10.20m | 9.50m |
| Shot Put | 11.50m | 12.00m | 11.00m | 11.00m | 10.00m | 11.00m |
| Discus Throw | 40.00m | 36.50m | 33.00m | 38.00m | 30.00m | 30.00m |
| Hammer Throw | 38.00m | 36.00m | 35.00m | 37.00m | 33.00m | 30.00m |
| Javelin Throw | 45.00m | 40.00m | 35.00m | 37.00m | 32.00m | 27.00m |

- NS = No Standard set.
- Equivalent hand times will be accepted (adjusted by 0.24 sec for 100m & 200m, 0.14 sec for 400m distances).

Performance conditions required for performances to be listed on the athlete's entry form:

- Only non-wind aided performances will be accepted.
- Performances must be verifiable, and be at Centre or Inter-Club approved meetings. I.e. it is expected that most "Club-night" performances would not be acceptable unless they have appropriately graded officials. Performance therefore should be achieved under circumstances for Centre Records.
- Time period for performances being from 1 May in prior year to closing date of Championships. I.e. For 2019 Championships 1 May 2018 to 20 February 2019.
- Eligibility to compete in any of these events is subject to the criteria outlined in the ANZ Competitions By-laws.