



2020 JENNIAN HOMES NZ TRACK & FIELD CHAMPIONSHIPS 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 April in prior year to closing date of Championships. I.e. For 2019 Championships 1 April 2019 to 21 February 2020.
- Eligibility to compete in any of these events is subject to the criteria outlined in the ANZ Competitions By-laws.