

New Zealand Track & Field Championships 2023						
Para Athletics Entry Standards						
Men	100m		200m		400m	
Class	Open/U20	Under 17	Open/U20	Under 17	Open/U20	Under 17
T11	18.03	19.67	37.35	40.75	1:23.03	1:30.58
T12	17.38	18.96	35.92	39.18	1:19.65	1:26.89
T13	17.43	19.02	35.08	38.27	1:17.83	1:24.91
T20	17.80	19.42	35.75	39.00	1:18.10	1:25.20
T32	38.75	42.27	78.02	85.11	2:31.37	2:45.13
T33	27.07	29.53	48.33	52.73	1:36.58	1:45.36
T34	24.10	26.29	43.18	47.11	1:21.80	1:29.24
T35	18.98	20.71	38.33	41.82	1:34.35	1:42.93
T36	19.53	21.31	40.15	43.80	1:26.18	1:34.02
T37	18.25	19.91	36.37	39.67	1:22.23	1:29.71
T38	17.90	19.53	36.37	39.67	1:22.22	1:29.69
T40	25.75	28.09	57.73	62.98	2:01.23	2:12.25
T41	22.52	24.56	46.78	51.04	1:37.48	1:46.35
T42	20.07	21.89	43.35	47.29	1:23.20	1:30.76
T43	17.62	19.22	43.35	47.29	2:23.35	2:36.38
T44	18.33	20.00	38.02	41.47	1:28.33	1:36.36
T45	18.23	19.89	36.52	39.84	1:22.02	1:29.47
T46	17.15	18.71	34.72	37.87	1:18.35	1:25.47
T47	17.15	18.71	34.72	37.87	1:18.35	1:25.47
T51	32.80	35.78	60.58	66.09	2:05.38	2:16.78
T52	27.35	29.84	49.80	54.53	1:31.88	1:40.24
T53	23.50	25.64	41.73	45.53	1:17.68	1:24.75
T54	22.72	25.64	40.30	43.96	1:12.43	1:19.02
T61	21.22	23.15	38.37	41.85	1:20.52	1:27.84
T62	17.57	19.16	34.48	37.62	1:16.30	1:23.24
T63	19.92	21.73	43.93	47.93	1:44.17	1:53.64
T64	17.55	19.15	35.45	38.67	1:22.77	1:30.29

Men	800m		1500m		Long Jump	
Class	Open/U20	Under 17	Open/U20	Under 17	Open/U20	Under 17
T11	3:17.45	3:35.40	6:36.00	7:12.00	3.37	3.03
T12	3:03.37	3:20.04	6:08.90	6:42.44	3.74	3.36
T13	3:04.50	3:21.27	6:20.48	6:55.07	3.83	3.45
T20	3:01.72	3:18.24	6:15.83	6:50.00	3.82	3.44
T33	3:07.53	3:24.58	7:15.65	7:55.25	NE	NE
T34	2:41.30	2:55.96	5:16.55	5:45.33	NE	NE
T35	4:09.12	4:31.76	8:07.22	8:51.51	3.03	2.73
T36	3:23.98	3:42.53	7:34.82	8:16.16	2.97	2.67
T37	3:15.28	3:33.04	6:39.23	7:15.53	3.39	3.05
T38	3:16.30	3:34.15	6:27.60	7:02.84	3.66	3.29
T42	3:31.17	3:50.36	NE	NE	2.69	2.42
T43	5:50.02	6:21.84	7:21.12	8:01.22	3.11	2.79
T44	3:24.42	3:43.00	7:21.12	8:01.22	3.54	3.18
T45	3:18.83	3:36.91	6:53.77	7:31.38	3.21	2.88
T46	3:06.37	3:23.31	6:17.52	6:51.84	3.79	3.41
T47	NE	NE	NE	NE	3.79	3.41
T51	4:11.63	4:34.51	8:09.17	8:53.64	NE	NE
T52	3:05.95	3:22.85	5:41.80	6:12.87	NE	NE
T53	2:32.82	2:46.71	4:39.70	5:05.13	NE	NE
T54	2:29.43	2:43.02	4:39.70	5:05.13	NE	NE
T61	NE	NE	NE	NE	3.59	3.23
T62	3:50.35	4:11.29	7:35.77	8:17.20	3.52	3.17
T63	4:46.77	5:12.84	NE	NE	3.62	3.26
T64	3:48.70	4:09.49	7:35.77	8:17.20	4.31	3.88

Men	Shot Put		Discus		Javelin and (Club F31, F32, F51)	
	Open/U20	Under 17	Open/U20	Under 17	Open/U20	Under 17
F11	5.34	4.58	16.00	10.00	21.60	18.90
F12	6.82	5.96	21.00	18.38	25.96	22.71
F13	5.76	4.94	21.44	18.76	28.40	24.85
F20	6.94	6.07	18.32	16.03	22.74	19.89
F31	NE	NE	NE	NE	12.29	10.75
F32	5.19	4.54	8.74	7.65	14.88	13.02
F33	4.33	3.71	12.46	10.90	10.78	9.44
F34	4.26	3.65	17.32	15.15	15.29	13.38
F35	6.06	5.20	21.65	18.95	22.43	19.62
F36	6.67	5.83	17.18	15.04	18.07	15.81
F37	6.13	5.26	23.90	20.91	23.12	20.23
F38	5.58	4.79	21.16	18.52	23.27	20.36
F40	4.64	4.06	11.15	9.75	15.56	13.62
F41	6.00	5.25	17.74	15.53	17.74	15.52
F42	6.13	5.26	21.66	18.95	22.62	19.80
F43	6.68	5.72	25.48	22.30	23.04	20.16
F44	5.50	4.72	25.64	22.44	26.47	23.16
F45	4.01	3.44	4.99	4.37	11.16	9.77
F46	5.88	5.04	21.06	18.42	25.59	22.39
F51	NE	NE	5.27	4.61	14.88	13.02
F52	4.11	3.52	9.52	8.33	7.43	6.50
F53	3.09	2.65	10.65	9.32	9.72	8.51
F54	4.82	4.22	13.47	11.79	12.76	11.17
F55	5.05	4.42	15.94	13.94	14.12	12.36
F56	4.72	4.05	18.63	16.30	17.10	14.96
F57	5.34	4.58	19.42	16.99	19.70	17.24
F61	4.58	4.01	10.43	9.14	12.48	10.92
F62	3.15	2.75	10.94	9.58	12.48	10.92
F63	5.29	4.53	18.76	16.42	23.91	20.92
F64	6.43	5.51	26.34	23.05	25.15	22.01

Women	100m		200m		400m	
Class	Open/U20	Under 17	Open/U20	Under 17	Open/U20	Under 17
T11	19.75	21.55	40.65	44.35	1:33.33	1:41.82
T12	19.00	20.73	38.38	41.87	1:26.28	1:34.13
T13	19.65	21.44	40.40	44.07	1:30.77	1:39.02
T20	19.85	21.65	41.68	45.47	1:33.32	1:41.80
T32	62.78	68.49	2:17.62	2:30.13	4:42.25	5:07.91
T33	33.15	36.16	58.40	63.71	1:56.92	2:07.55
T34	27.95	30.49	50.85	55.47	1:32.15	1:40.53
T35	22.38	24.42	47.03	51.31	2:04.48	2:15.80
T36	22.80	24.87	47.02	51.29	1:51.60	2:01.75
T37	21.83	23.82	45.18	49.29	1:40.48	1:49.62
T38	20.63	22.51	43.20	47.13	1:41.18	1:50.38
T40	32.33	35.27	71.90	78.44	3:00.83	3:17.27
T41	29.50	32.18	67.50	73.64	2:56.67	3:12.73
T42	24.53	26.76	52.88	57.69	2:27.93	2:41.38
T43	21.32	23.25	40.60	44.29	1:41.30	1:50.51
T44	21.20	23.13	43.58	47.55	1:40.12	1:49.22
T45	23.33	25.45	47.63	51.96	1:51.98	2:02.16
T46	19.82	21.62	40.75	44.45	1:32.67	1:41.09
T47	19.82	21.62	40.75	44.45	1:32.67	1:41.09
T51	41.15	44.89	73.62	80.31	2:40.73	2:55.35
T52	31.12	33.95	55.32	60.35	1:48.12	1:57.95
T53	26.98	29.44	47.68	52.02	1:28.87	1:36.95
T54	25.58	27.91	45.87	50.04	1:26.50	1:34.36
T61	24.92	27.18	68.78	75.04	2:27.93	2:41.38
T62	21.30	23.24	48.10	52.47	1:41.30	1:50.51
T63	24.32	26.53	52.88	57.69	2:20.20	2:32.95
T64	21.10	23.02	43.53	47.49	1:38.78	1:47.76

Women	800m		1500m		Long Jump	
Class	Open/U20	Under 17	Open/U20	Under 17	Open/U20	Under 17
T11	3:49.43	4:10.29	7:44.87	8:27.13	2.73	2.46
T12	3:28.27	3:47.20	7:12.00	7:51.27	3.30	2.97
T13	3:25.30	3:43.96	6:48.78	7:25.95	2.94	2.65
T20	3:32.90	3:52.25	7:18.95	7:58.85	3.11	2.79
T33	3:58.08	4:19.73	8:13.08	8:57.91	NE	NE
T34	3:12.88	3:30.42	6:23.70	6:58.58	NE	NE
T35	5:22.45	5:51.76	12:53.43	14:03.75	1.33	1.20
T36	5:10.37	5:38.58	10:43.83	11:42.36	2.06	1.85
T37	4:29.52	4:54.02	9:26.87	10:18.40	2.61	2.35
T38	4:19.72	4:43.33	9:07.52	9:57.29	2.76	2.48
T42	6:30.80	7:00.80	NE	NE	2.02	1.81
T43	3:57.13	4:18.69	8:17.80	9:03.05	2.13	1.92
T44	3:57.13	4:18.69	8:17.80	9:03.05	2.25	2.02
T45	3:40.70	4:00.76	8:03.47	8:47.42	2.15	1.93
T46	4:04.63	4:26.87	8:03.47	8:47.42	3.01	2.70
T47	NE	NE	NE	NE	3.01	2.70
T51	5:26.07	5:55.71	10:41.98	11:40.35	NE	NE
T52	3:31.27	3:50.47	7:20.78	8:00.85	NE	NE
T53	2:55.88	3:11.87	5:20.58	5:49.73	NE	NE
T54	2:49.12	3:04.49	5:20.58	5:49.73	NE	NE
T61	NE	NE	NE	NE	2.54	2.28
T62	4:56.35	5:23.29	8:17.80	9:03.05	2.61	2.34
T63	NE	NE	NE	NE	2.50	2.25
T64	3:57.13	4:18.69	8:17.80	9:03.05	3.07	2.76

Women	Shot Put		Discus		Javelin and (Club F31, F32, F51)	
	Open/U20	Under 17	Open/U20	Under 17	Open/U20	Under 17
F11	7.79	6.93	16.17	14.15	15.45	13.52
F12	6.77	6.02	18.96	16.59	18.40	16.10
F13	5.87	5.22	17.87	15.63	17.83	15.60
F20	6.35	5.64	17.45	15.27	15.91	13.92
F31	NE	NE	NE	NE	8.18	7.16
F32	3.17	2.82	5.59	4.89	10.91	9.55
F33	3.51	3.12	8.28	7.25	6.80	5.95
F34	3.97	3.53	8.41	7.36	8.91	7.80
F35	6.26	5.56	12.77	11.17	11.38	9.95
F36	5.31	4.72	11.20	9.80	11.82	10.34
F37	6.98	6.20	15.32	13.40	15.14	13.25
F38	5.66	5.03	13.56	11.87	13.15	11.50
F40	4.10	3.64	9.86	8.63	9.35	8.18
F41	4.69	4.17	14.13	12.37	11.48	10.05
F42	4.05	3.60	13.18	11.53	12.60	11.03
F43	3.93	3.50	6.05	5.30	11.19	9.79
F44	5.91	5.26	17.81	15.59	17.25	15.09
F45	3.93	3.50	8.04	7.03	8.66	7.58
F46	5.61	4.99	16.85	14.74	18.29	16.01
F51	NE	NE	5.41	4.73	10.09	8.83
F52	3.51	3.12	6.76	5.91	5.38	4.71
F53	2.65	2.35	6.50	5.69	4.75	4.15
F54	3.69	3.28	7.98	6.99	8.10	7.09
F55	4.08	3.62	11.12	9.73	10.83	9.47
F56	4.48	3.98	10.51	9.20	9.61	8.41
F57	5.02	4.46	14.30	12.52	10.38	9.08
F61	4.75	4.22	13.94	12.2	12.6	11.03
F62	4.61	4.10	13.53	11.84	11.19	9.79
F63	4.53	4.02	13.28	11.62	6.3	5.51
F64	4.66	4.14	15.04	13.16	10.64	9.31