

## 2025 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 Competitions Team to seek an exemption or clarification on [trackandfield@athletics.org.nz](mailto:trackandfield@athletics.org.nz).

EVENT	SM	M-U20	M-U18	M-U16	SW	W-U20	W-U18	WU-16
100m	11.30	11.60	11.90	12.25	12.35	13.14	13.15	13.50
200m	22.80	23.10	23.50	25.00	26.00	26.80	27.20	28.25
400m	52.20	53.25	54.10	56.00	59:20	61.00	62.00	65.50
800m	1:59.5	2:00.5	2:02.0	2:11.0	2:18.0	2:20.0	2:25.0	2:35.0
1500m	3:59.5	4:05.0	4:08.0	4:30.0	4:37.0	4:54.00	4:59.0	5:20.0
3000m	-	-	9:10.0	10:10.0	-	-	10:50.0	11:45.0
5000m	14:49.0	16:15.0	-	-	18:10.0	19:20.0	-	-
110mH/100mH*/ 80mH**	16.54	16.90	17.00	16.50	16.20*	16.30*	16.50*	15.00**
400mH/300mH*	59.24	60.00	45.00*	46:00*	67.54	69.00	49.50*	55:00
3000m/2000m* Steeplechase	9:45.0	10:30.0	7:05.0*	7:45.0*	12:00.0	12:20.0	8:00.0*	9:00.0*
3000m Track Walk	15:30.0	16:00.0	16:30.0	18:00.0	18:30.0	18:30.0	19:30.0	20:30.0
10,000m/5000* Track Walk	50:00	55:00	27:00*	-	55:00	60:00	-	-
High Jump	1.88m	1.75m	1.70m	1.60m	1.65m	1.55m	1.50m	1.35m
Pole Vault	3.60m	3.40m	3.20m	2.75m	3.30m	2.90m	2.80m	2.25m
Long Jump	6.50m	5.95m	5.90m	5.25m	5.20m	4.90m	4.80m	4.10m
Triple Jump	12.50m	11.50m	11.00m	10.50m	10.40m	10.20m	10.00m	9.30m
Shot Put	12.50m	12.25m	12.00m	10.00m	11.60m	10.00m	11.50m	10.00m
Discus Throw	40.00m	36.50m	34.00m	27.50m	40.00m	33.00m	33.00m	27.50m
Hammer Throw	40.00m	36.00m	35.00m	34.00m	40.00m	35.00m	34.00m	30.00m
Javelin Throw	45.00m	42.00m	40.00m	30.00m	35.00m	32.50m	32.00m	26.00m

- 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 **2025 Championships 1 April 2024 to 25 February 2025**.
- Eligibility to compete in any of these events is subject to the criteria outlined in the ANZ Competitions By-laws.