

2024 Metropolitan West School Sport Track & Field Trials Qualifying Standards: 10 – 12 Years

Event	10 Years	11 Years	12 Years
BOYS			
100m	15.00	14.60	14.10
200m	31.60	30.20	29.30
800m	2:50.00	2:40.00	2:45.00
1500m	6:00.00	5:50.00	5:30.00
Shot Put	8.00m	8.70m	8.00m
Discus	20.00m	19.00m	20.00m
High Jump	1.14m	1.24m	1.32m
Long Jump	3.50m	3.90m	4.00m
GIRLS			
100m	15.60	15.00	14.50
200m	32.70	31.20	30.50
800m	3:10.00	3:00.00	2:55.00
1500m	6:20.00	6:10.00	5:50.00
Shot Put	6.30m	7.30m	7.00m
Discus	15.00m	16.00m	17.00m
High Jump	1.09m	1.16m	1.23m
Long Jump	3.20m	3.70m	3.80m

N.B.

The QRSS 10-12 Years nomination process has changed in 2024 & therefore MWSS will follow this process: 2 x automatic qualifiers & any other athlete that meets the above qualifying standards.

Exceptions to the above rule:

4 x automatic qualifiers for the 100m track event plus any other athlete that meets the MWSS qualifying standards.