

**2024 Metropolitan West School Sport Track & Field Trials Qualifying Standards: 13 – 19 Years Appendix R**

<b>Event</b>	<b>13 Years</b>	<b>14 Years</b>	<b>15 Years</b>	<b>16 Years</b>	<b>17 Years</b>	<b>18-19 Years</b>
<b>BOYS</b>						
100m	13.06	12.64	12.33	12.22	12.22	12.22
200m	26.98	25.66	25.14	24.93	24.51	24.56
400m	1:02.3	59.05	57.37	56.12	55.48	55.62
800m	2:26.0	2:19.6	2:15.5	2:12.3	2:12.3	2:12.3
1500m	5:07.6	4:56.1	4:45.6	4:43.5	4:39.3	4:41.4
3000m		10:30.0		10:09.0		
5000m						17:51.0
3000mW	18:40.0					
5000mW				29:00.0		
Sprint Hurdle	16.00	16.63	16.53	17.68	17.84	17.79
200m H	30.04					
400m H				1:02.94		1:03.94
2000m Steeple		7:36.75	7:21.0	7:21.0	7:10.5	
3000m Steeple						10:51.0
Shot Put	11.87m	11.87m	12.82m	12.11m	12.35m	11.16m
Discus	32.30m	36.10m	41.33m	33.25m	38.95m	30.40m
Javelin	32.30m	37.05m	40.85m	43.70m	47.03m	39.90m
Hammer	28.00m	28.00m	32.00m	35.00m	35.00m	32.00m
High Jump	1.50m	1.60m	1.65m	1.71m	1.73m	1.73m
Long Jump	5.13m	5.41m	5.70m	5.89m	5.89m	5.89m
Triple Jump	10.30m	10.92m	11.40m	11.87m	12.01m	12.01m
Pole Vault	2.30m			2.70m		3.00m
<b>GIRLS</b>						
100m	14.11	14.00	13.90	13.90	13.90	13.90
200m	29.23	28.70	28.60	28.50	28.50	28.50
400m	1:07.14	1:06.40	1:06.40	1:06.30	1:06.30	1:06.30
800m	2:37.5	2:36.9	2:36.9	2:36.9	2:36.9	2:36.9
1500m	5:35.0	5:35.0	5:35.0	5:35.0	5:35.0	5:35.0
3000m		11:56.1		11:56.1		
5000m						19:46.5
3000mW	19:00.0					
5000mW				32:00.0		
Sprint Hurdle	15.27	16.73	16.63	18.63	18.52	18.52
200m H	32.24					
400m H				1:13.14		
2000m Steeple		9:06.0	9:06.0	9:06.0	9:06.0	
3000m Steeple						14:00.0
Shot Put	9.03m	9.69m	9.98m	10.21m	10.45m	8.55m
Discus	24.70m	25.65m	26.13m	26.60m	27.08m	27.55m
Javelin	25.65m	26.13m	27.50m	28.50m	28.50m	25.65m
Hammer	26.00m	27.00m	28.00m	30.00m	32.00m	27.00m
High Jump	1.40m	1.42m	1.42m	1.42m	1.42m	1.42m
Long Jump	4.46m	4.65m	4.70m	4.75m	4.75m	4.75m
Triple Jump	9.50m	9.69m	9.69m	9.88m	9.88m	9.88m
Pole Vault	2.00m	2.00m	2.00m	2.00m	2.00m	2.00m

**N.B** The following events are conducted as multi-age events:

**Track** - 3000m, 3000m Walk, 5000m Walk, 200m Hurdles, 400m Hurdles, 2000m Steeplechase and all 19 Years events.

**Field** – Pole Vault and Hammer Throw and must supply a Certificate of Competence, certified by an accredited coach. The starting height for all Pole Vault events will be 2.00m.

MWSS will follow the QRSS 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.