

**SA SECONDARY SCHOOLS ATHLETIC CHAMPIONSHIP  
MINIMUM QUALIFYING STANDARDS 2010**

Events		B 15	B17	B 19	G 15	G 17	G 19
100m	H	11,30	11,00	10,80	12,60	12,40	12,30
	E	<b>11,54</b>	<b>11,24</b>	<b>11,04</b>	<b>12,84</b>	<b>12,64</b>	<b>12,54</b>
200m	H	23,40	22,40	22,00	26,20	25,40	25,40
	E	<b>23,66</b>	<b>22,66</b>	<b>22,26</b>	<b>26,46</b>	<b>25,66</b>	<b>25,66</b>
400m	H	53,80	50,00	49,50	61,30	59,30	59,30
	E	<b>53,94</b>	<b>50,14</b>	<b>49,64</b>	<b>61,44</b>	<b>59,44</b>	<b>59,44</b>
800m	C	2:02,00	1:56,00	1:54,00	2:20,00	2:18,00	2:18,00
	I	<b>2:04,00</b>	<b>1:58,00</b>	<b>1:56,00</b>	<b>2:22,00</b>	<b>2:20,00</b>	<b>2:20,00</b>
1500m	C	4:16,00	4:06,00	4:00,00	4:55,00	4:46,00	4:46,00
	I	<b>4:20,00</b>	<b>4:10,00</b>	<b>4:04,00</b>	<b>4:59,00</b>	<b>4:50,00</b>	<b>4:50,00</b>
3000m	C	9:20,00	8:47,00			10:42,00	10:42,00
	I	<b>9:28,00</b>	<b>8:55,00</b>			<b>10:50,00</b>	<b>10:50,00</b>
5000m	C			15:12,00			
	I			<b>15:24,00</b>			
2000m StC	C		6:10,00				
	I		<b>6:14,00</b>				
3000m StC	C			9:40,00			
	I			<b>9:48,00</b>			
1000m Medley	C	2:20,00	2,08,00		2,30,00	2:24,00	
	I	<b>2:24,00</b>	<b>2,12,00</b>		<b>2,34,00</b>	<b>2,28,00</b>	
90m H	H				13,70		
	E				<b>13,94</b>		
100m H	H	13,70				14,90	15,70
	E	<b>13,94</b>				<b>15,14</b>	<b>15,94</b>
110m H	H		14,30	15,00			
	E		<b>14,54</b>	<b>15,24</b>			
300m H	H	41,50			46,20		
	E	<b>41,76</b>			<b>46,46</b>		
400m H	H		55,50	55,10		66,70	66,70
	E		<b>55,64</b>	<b>55,34</b>		<b>66,84</b>	<b>66,84</b>
5000m W	C	29:30,00			30:15,00	29:45,00	
	I	<b>29:45,00</b>			<b>30:30,00</b>	<b>30:00,00</b>	
10 000m W	C		56:35,00	54:35,00			66:35,00
	I		<b>57:00,00</b>	<b>55:00,00</b>			<b>67:00,00</b>
Long Jump		6,10m	6,50m	6,80m	4,80m	5,20m	5,30m
Triple Jump		12,80m	13,60m	14,00m	9,60m	10,40m	10,50m
High Jump		1,76m	1,88m	1,94m	1,54m	1,60m	1,62m
Pole Vault		2,80m	3,60m	3,80m	2,00m	2,40m	2,60m
Shot Put		14,50m	15,80m	14,20m	10,00m	10,80m	10,80m
Discus		46,00m	48,00m	40,00m	30,00m	36,00m	37,00m
Javelin		50,00m	56,00m	53,00m	32,00m	36,00m	38,00m
Hammer		42,00m	50,00m	44,00m		32,00m	32,00m

E = Electronic times

C = Coastal times

09/09/20

H = Hand times

I = inland times