

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	11,54	11,24	11,04	12,84	12,64	12,54
200m	H	23,40	22,40	22,00	26,20	25,40	25,40
	E	23,66	22,66	22,26	26,66	25,66	25,66
400m	H	53,80	50,00	49,50	61,30	59,30	59,30
	E	53,94	50,14	49,64	61,44	59,44	59,44
800m	C	2:02,00	1:56,00	1:54,00	2:20,00	2:18,00	2:18,00
	I	2:04,00	1:58,00	1:56,00	2:22,00	2:20,00	2:20,00
1500m	C	4:16,00	4:06,00	4:00,00	4:55,00	4:46,00	4:46,00
	I	4:20,00	4:10,00	4:04,00	4:59,00	4:50,00	4:50,00
3000m	C	9:20,00	8:47,00			10:42,00	10:42,00
	I	9:28,00	8:55,00			10:50,00	10:50,00
5000m	C			15:12,00			
	I			15:24,00			
2000m StC	C		6:10,00				New Event
	I		6:14,00				
3000m StC	C			9:40,00			
	I			9:48,00			
1000m Medley	C	2:20,00	2:08,00		2:30,00	2:24,00	
	I	2:24,00	2:12,00		2:34,00	2:28,00	
90mH	H				13,70		
	E				13,94		
100mH	H	13,70				14,90	15,70
	E	14,94				15,14	15,94
110mH	H		14,30	15,00			
	E		14,54	15,24			
300mH	H	41,50			46,20		
	E	41,76			46,46		
400mH	H		55,50	55,10		66,70	66,70
	E		55,64	55,34		66,84	66,84
5000m W	C	29:30,00			30:15,00	29:45,00	
	I	29:45,00			30:30,00	30:00,00	
10 000m W	C		56:35,00	54:35,00			66:35,00
	I		57:00,00	55:00,00			67:00,00
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	New Event	32,00m	32,00m

Logo: H = Hand Time; E = Electronic Time; C = Coastal Time; I = Inland Time

PROPOSED STARTING HEIGHTS

H = Heats F = Finals

High Jump							
H	1,55m	1,70m	1,80m		1,40m	1,45m	1,50m
F	1,64m	1,78m	1,84m		1,44m	1,50m	1,53m
Pole-vault	2,60m	3,60m	3,80m		1,80m	2,20m	2,40m

QUALIFYING STANDARDS- LSEN GIRLS ATHLETES

QUALIFYING (Q) & RECORDS(R) TIMES, HEIGHTS AND DISTANCES 2011

GIRLS

		19	17	16	15	14	13
100m	Q	13,8	14,0	14,2	14,3	14,5	14,6
	R	12,35	12,7H	12,7H	12,8H	12,6H	13,2H
200m	Q	29,0	29,5	29,7	29,9	30,2	31,5
	R	23,76E	27,0H	25,8H	25,5H	29,16E	28,4H
400m	Q	1:10,50	1:10,0	1:12,0	1:12,50		
	R	58,7H	59,3H	58,9H	58,74H		
800m	Q	2:45,0	2:50,0	2:55,0	2:58,0		
	R	2:17,45H	2:15,9H	2:19,6H	2:29,73H		
1500m	Q	6:00	6:00	6:20	6:30	6:50	6:80
	R	4:51,75H	4:37,4H	4:51,3H	4:51,3H	4:51,5H	5:06,0H
HURDLES		100m	100m	100m	90m	80m	
Height		84,0cm	76,2cm	76,2cm	76,2cm	76,2cm	
	Q	20,0	20,0	20,4	19,0	17,15	
	R	17,8H	17,3H	17,05H	14,90H	14,99H	
LONG J	Q	4,40m	4,30m	4,20m	4,10m	4,00m	3,80m
	R	5,21m	5,17m	4,99m	4,84m	4,69m	4,36m
HIGH J	Q	1,35m	1,35m	1,35m	1,30m	1,25m	1,20m
	R	1,56m	1,59m	1,60m	1,58m	1,46m	1,42m
STARTING		1,35m	1,30m	1,30m	1,25m	1,20m	1,15m
SHOT PUT		4kg	4kg	4kg	4kg	4kg	3kg
	Q	8,00m	8,00m	7,80m	7,50m	7,20m	7,20m
	R	11,11m	11,94m	10,14m	10,10m	10,09m	9,73m
DISCUS		1kg	1kg	1kg	1kg	1kg	
YELLOW	Q	21,00m	20,00m	19,50m	19,00m	16,00m	
	R	29,01m	28,61m	29,75m	29,43m	22,72m	
JAVELIN		600g	600g	600g	600g	600g	600g
	Q	21,00m	21,00m	20,00m	18,00m	15,00m	
	R	33,46m	28,96m	34,18m	32,34m	22,34m	