

QUALIFYING STANDARDS- LSEN BOYS ATHLETES

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

BOYS

		19	17	16	15	14	13
100m	Q	11,8	12,0	12,2	12,5	13,4	13,9
	R	10,75	11,06	11,1 H	11,42 H	11,9 H	12,49H
200m	Q	24,0	24,2	25,0	25,8	26,8	28,0
	R	21,78	22,20 H	22,6 H	21,8 H	24,2 H	25,32 E
400m	Q	53,0	54,0	56,0	58,0		
	R	49,4 H	49,7 H	51,2 H	54,2 H		
800m	Q	2:08,0	2:10,0	2:15,0	2:20,0		
		1:56,3 H	1:55,5H	2:00,83H	1:59,0H		
1500m	Q	4:35,0	4:40,0	4:45,0	4:55,0	5:10,0	5:30,0
		4:00,07	4:05,7H	4:09,20H	4:06,1H	4:09,96H	4:17,19E
3000m		5000m					
	Q	19:25	10:15,0	10:30,0			
	R	15:34,6H	8:56,8H	8:55,0H			
HURDLES		110m	110m	110m	100m	90m	
Height		106,7cm	91,4cm	84,0cm	84,0cm	76,2cm	
	Q	17,5	18,5	18,5	18,5	18,0	
	R	15,8H	15,8H	15,8H	14,5H	14,30E	
LONG J	Q	6,00m	5,80m	5,60m	5,20m	4,70m	4,40m
	R	7,01m	7:02m	6,41m	6,09m	5,88m	5,17m
TRIPLE J	Q	11,40m	11,20m				
	R	13,66m	13,67m				
HIGH J	Q	1,75m	1,70m	1,65m	1,55m	1,45m	1,35m
	R	1,95m	1,98m	1,87m	1,83m	1,69m	1,58m
STARTING		1,65m	1,60m	1,55m	1,45m	1,35m	1,25m
SHOT PUT		6 kg	5 kg	5 kg	4 kg	4 kg	4 kg
	Q	11,10m	11,60m	10,80m	11,30m	9,80m	8,50m
	R	15,64m	14,20m	13,29m	14,59m	14,38m	10,85m
DISCUS		1,75 kg	1,5 kg	1,5 kg	1 kg	1 kg	1kg
	Q	31,00m	32,00m	30,00m	30,00m	25,00m	
	R	41,02m	39,66m	40,52m	42,12m	35,63m	
JAVELIN		800g	700g	700g	600g	600g	
	Q	43,00m	42,00m	39,00m	35,00m	29,00m	
	R	53,54m	56,86m	51,02m	48,78m	41,08m	

SCHOOL SPORT S.A. - SECONDARY SCHOOLS T&F RECORDS - 2010