

**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	