

TET Athletics Taranaki
Standards for ANZ Track & Field Championships 2019

Event	SW	WU20	WU18	SM	MU20	MU18
100	12.70	12.80	13.00	10.90	11.20	11.70
200	26.30	26.70	27.00	21.80	22.90	23.50
400	58.00	58.00	60.00	49.00	51.00	51.50
800	2:15.00	2:18.00	2:18.00	1:55.00	1:58.00	2:02.00
1500	4:45.00	4:45.00	4:50.00	3:55.00	4:00.00	4:10.00
3000			11:00.00			9:20.00
5000	17:20.00	18:00.00		15:15.00	15:45.00	
100/110H	15.50	15.50	15.50	15.50	15.30	15.30
300/400H	65.00	65.00	46.00	55.00	56.00	42.00
3K/2K Stpl	12:30.00	7:30.00	7:40.00	10:00.00	10:05.00	6:40.00
3K walk	16:30.00	17:30.00	18:15.00	14:40.00	15:00.00	15:50.00
20K walk	2:11:00			1:50:00		
10K walk		1:05:00			55:00	
High Jump	1.65	1.63	1.61	1.95	1.90	1.85
Long Jump	5.20	5.15	5.00	6.90	6.25	6.25
Triple Jump	11.50	10.50	10.50	13.80	13.25	12.50
Pole Vault	3.00	3.00	2.80	4.20	3.50	3.50
Shot Put	13.00	10.50	11.50	14.00	14.50	14.00
Discus	40.00	35.00	35.00	43.00	40.00	45.00
Hammer	45.00	40.00	40.00	48.00	50.00	45.00
Javelin	40.00	35.00	33.00	55.00	48.00	45.00