

ATHLETICS GAUTENG-NORTH QUALIFYING STANDARDS 2020

	Sub-youth Girls	Sub-youth Boys	Youth Girls	Youth Boys	Junior Women	Junior Men
Event	A-Standard	A-Standard	A-Standard	A-Standard	A-Standard	A-Standard
100m	12.50	11.39	12.40	10.85	12.30	10.80
200m	25.60	23.55	25.05	22.05	25.05	21.80
400m	58.90	51.50	58.00	49.40	57.90	48.70
800m	2:16.00	1:58.50	2:15.00	1:56.50	2:13.00	1:53.00
1500m	4:52.00	4:16.00	4:45.00	4:04.00	4:43.00	4:00.00
3000m	10:32.00	09:15.0	10:31.00	09:02.00	10:30.00	
5000m					19.00.00	15.10.00
10000m						32:30.00
Steeple chase	5:30.00	5:00.00	07:40.00	6:20.00	11:35.00	09:40.00
90mH/100mH/110mH	13.20	13.30	14.80	14.25	15.40	14.90
300mH/400mH	45.00	39.20	1:01.80	54.10	1:03.00	54.20
High Jump	1.60m	1.80m	1.60m	1.90m	1.60m	1.95m
Long Jump	5.30m	6.20m	5.40m	6.90m	5.40m	7.00m
Triple Jump	10.60m	12.80m	11.00m	13.70m	11.05m	14.30m
Pole Vault	2.50m	3.20m	3.00m	3.90m	3.00m	4.20m
Shot-Put	12.80m	14.50m	13.00m	16.00m	12.20m	15.20m
Discus	40.00m	52.00m	41.00m	50.00m	41.00m	48.00m
Javelin	39.00m	58.00m	40.00m	61.00m	40.00m	61.00m
Hammer throw	40.00m	50.00m	45.00m	55.00m	41.00m	49.00m
Walk	30:59.00	27:35.00	29:00.00	52:50.00	53:50.00	52:50.00