

## AGN Seniors Qualification Standards 2020

<b>SENIORS</b>		
<b>Men</b>	<b>Event</b>	<b>Women</b>
10.45	<b>100m</b>	11.90
20.93	<b>200m</b>	24.05
46.65	<b>400m</b>	55.00
1:49.50	<b>800m</b>	2:12.00
3:51.00	<b>1500m</b>	4:30.00
14:20.0	<b>5000m</b>	17:28.94
33:24.14	<b>10000m</b>	40:00.00
9:13.74	<b>3000m SC</b>	11:30.00
14.20	<b>110m H / 100m H</b>	14.30
51.00	<b>400m H</b>	60.75
4.80	<b>Pole Vault</b>	3.30
2.00	<b>High Jump</b>	1.65
7.30	<b>Long Jump</b>	6.00
15.47	<b>Triple Jump</b>	11.80
16.15	<b>Shot Put</b>	14.00
54.50	<b>Discus Throw</b>	48.00
70.50	<b>Javelin Throw</b>	45.50
54.50	<b>Hammer Throw</b>	48.00
01:35.18	<b>20km Walk</b>	02:13.00
6500	<b>Decathlon/Heptathlon Snr</b>	4500
5550	<b>JNR</b>	3750
5500	<b>YTH</b>	-
-	<b>Heptathlon YTH</b>	4050
2450	<b>Pentathlon Sub YTH</b>	2700

## B Qualification Standards 2020

<b>SENIORS</b>		
<b>Men</b>	<b>Event</b>	<b>Women</b>
10.55	<b>100m</b>	12.00
21.05	<b>200m</b>	24.50
47.80	<b>400m</b>	56.50
1:52.00	<b>800m</b>	2:13.00
3:55.00	<b>1500m</b>	4:35.00
14:30.0	<b>5000m</b>	17:40.94
34:24.14	<b>10000m</b>	42:00.00
9:45.74	<b>3000m SC</b>	11:45.00
14.20	<b>110m H / 100m H</b>	14.30
51.00	<b>400m H</b>	60.75
4.70	<b>Pole Vault</b>	3.20
1.95	<b>High Jump</b>	1. 60
7.10	<b>Long Jump</b>	5.80
14.50	<b>Triple Jump</b>	11.40
16.00	<b>Shot Put</b>	13.50
52.50	<b>Discus Throw</b>	46.00
69.50	<b>Javelin Throw</b>	40.50
52.50	<b>Hammer Throw</b>	46.00
01:40.18	<b>Walk</b>	02:15.00
6400	<b>Decathlon/Heptathlon</b>	4400
5450	<b>Snr</b>	3650
5400	<b>JNR</b>	-
-	<b>YTH</b>	3950
	<b>Heptathlon YTH</b>	