

QUALIFYING (Q) & RECORDS(R) TIMES, HEIGHTS AND DISTANCES 2016

GIRLS

		19	17	16	15	14
100m	Q	14:00	14:20	14:30	14:50	14:70
200m	Q	29:50	29:80	29:90	30:00	30:00
400m	Q	70:50	71:00	72:00	73:00	
800m	Q	2:50	2:55.0	2:60,0	3:00	3:25,00
1500m	Q	6:20,00	6:30,00	6:40,00	6:50,00	7:05,00
LONG J	Q	4,30m	4,20m	4,10m	4,00m	3.50m
HIGH J	Q	1,35m	1,30m	1,30m	1,25m	1,20m
STARTING		1,35m	1,30m	1,30m	1,25m	1,20m
SHOT PUT		4kg	3kg	3kg	3kg	3kg
	Q	8,00m	8,00m	7,80m	7.50m	7,20m
DISCUS		1kg	1kg	1kg	1kg	1kg
	Q	20,00m	19,00m	18,50m	17,00m	16,00m
JAVELIN		600g	500g	500g	500g	500g
	Q	21,00m	20,80m	20,00m	18,00m	16,00m

QUALIFYING STANDARDS- LSEN BOYS ATHLETES

QUALIFYING (Q) & RECORDS(R) TIMES HEIGHTS AND DISTANCES 2016

BOYS

		19	17	16	15	14
100m	Q	11:95	12:80	12:50	12:90	13:20
200m	Q	24:80	25:00	25:50	26:00	27:50
400m	Q	55.00	56.00	57.00	59.00	
800m	Q	2:15,00	2:20,00	2:25,00	2:30,00	2:35,00
1500m	Q	4:40,00	4:50,00	5:05,00	5:15,00	5:20,00
3000m		5000m	3000m	3000m		
	Q	19:50	10:30,0	10:40,0		
LONG J	Q	5.90m	5,60m	5,50m	5,00m	4,50m
HIGH J	Q	1,70m	1,65m	1,60m	1,50m	1,40m
STARTING		1,65m	1,60m	1,55m	1,45m	1,35m
SHOT PUT		6 kg	5 kg	5 kg	4 kg	4 kg
	Q	11,10m	11,20m	10,50m	10,00m	9,00m
DISCUS		1,75 kg	1,5 kg	1,5 kg	1 kg	1 kg
	Q	30,00m	29,50m	28,00m	27,00m	23,00m
JAVELIN		800g	700g	700g	600g	600g
	Q	40,00m	38,00m	35,00m	30,00m	23,00m