

10 – 13 YEARS POINT SYSTEM

10 YEARS
Minimum of 300 points per event group
Minimum of 1600 Points to get into the ANQ Squad

11 YEARS
Minimum of 350 points per event group
Minimum of 1700 Points to get into the ANQ Squad

12 YEAR BOYS
Minimum of 450 points per event group
Minimum of 2200 Points to get into the ANQ Squad

12 YEAR GIRLS
Minimum of 450 points per event group
Minimum of 2000 Points to get into the ANQ Squad

13 YEAR BOYS
Minimum of 500 points per event group
Minimum of 2400 Points to get into the ANQ Squad

13 YEAR GIRLS
Minimum of 350 points per event group
Minimum of 2200 Points to get into the ANQ Squad

Event Groups are Track, Jumps or Throws

The top 3 events that score the most points per event group will go towards the final point score. This means that athletes can't gain points that go towards the total score just from one event group, but must gain points from all three groups.

PERFORMANCE POINTS

20m Beach Starts		60m Sprints		100m Sprints		200m Sprints		400m Sprints	
Points	Time	Points	Time	Points	Time	Points	Time	Points	Time
500	Below 3.67	500	Above 6.91	500	Above 11.30	500	Below 22.82	500	Below 50.50
480	3.67	480	6.91 – 7.06	480	11.30 – 11.49	480	22.82 – 23.40	480	50.51 – 51.75
460	3.78	460	7.07 – 7.24	460	11.5 – 11.69	460	23.41 – 23.97	460	51.76 – 53.03
440	3.88	440	7.25 – 7.42	440	11.70 – 11.91	440	23.98 – 24.57	440	53.04 – 54.39
420	3.97	420	7.43 – 7.59	420	11.92 – 12.13	420	24.58 – 25.17	420	54.40 – 55.85
400	4.05	400	7.60 – 7.78	400	12.14 – 12.35	400	25.18 – 25.83	400	55.86 – 57.40
380	4.12	380	7.79 – 7.96	380	12.36 – 12.57	380	25.84 – 26.48	380	57.41 – 59.16
360	4.19	360	7.97 – 8.16	360	12.58 – 12.81	360	26.49 – 27.13	360	59.17 – 1:01:14
340	4.25	340	8.17 – 8.34	340	12.82 – 13.05	340	27.14 – 27.79	340	1:01.15 – 1:03.34
320	4.30	320	8.36 – 8.55	320	13.06 – 13.29	320	27.80 – 28.49	320	1:03.35 – 1:06:98
300	4.35	300	8.56 – 8.76	300	13.30 – 13.55	300	28.50 – 29.19	300	1:05.99 – 1:08.78
280	4.40	280	8.77 – 8.97	280	13.56 – 13.81	280	29.20 – 29.94	280	1:08.79 – 1:08.63
260	4.45	260	8.98 – 9.20	260	13.82 – 14.07	260	29.95 – 30.70	260	1:11.64 – 1:14.53
240	4.50	240	9.21 – 9.42	240	14.08 – 14.35	240	30.71 – 31.45	240	1:14.54 – 1:17.48
220	4.56	220	9.43 – 9.67	220	14.36 – 14.65	220	31.46 – 32.20	220	1:17.49 – 1:20.47
200	4.62	200	9.68 – 9.97	200	14.66 – 14.95	200	32.21 – 33.12	200	1:20.48 – 1:23.46
180	4.69	180	9.91 – 10.17	180	14.96 – 15.25	180	33.13 – 33.96	180	1:23.47 – 1:26.45
160	4.76	160	10.18 – 10.45	160	15.26 – 15.59	160	33.97 – 34.92	160	1:26.46 – 1:29.44
140	4.84	140	10.46 – 10.73	140	15.60 – 15.94	140	34.93 – 35.84	140	1:29.45 – 1:32.43
120	4.97	120	10.74 – 11.03	120	15.95 – 16.30	120	35.85 – 36.89	120	1:32.44 – 1:35.42
100	5.07	100	11.04 – 11.37	100	16.31 – 16.69	100	36.90 – 38.01	100	1:35.43 – 1:38.41
80	5.18	80	11.38 – 11.72	80	16.70 – 17.12	80	38.02 – 39.26	80	1:38.42 – 1:41.40
60	5.30	60	11.73 – 12.12	60	17.13 – 17.64	60	39.27 – 40.61	60	1:41.41 – 1:44.39
40	5.43	40	12.13 – 12.60	40	17.65 – 18.10	40	40.62 – 42.14	40	1:44.40 – 1:47.38
20	5.57 -5.90	20	12.61 – 13.31	20	18.11 – 18.95	20	42.15 – 43.00	20	1:47.39 – 1:50.00

600m Run		800m Run		1500m Run		60m Walk Backwards Race		60m Run Backwards Race	
Points	Time	Points	Time	Points	Time	Points	Time	Points	Time
500	Below 1:26.20	500	Below 2:04.80	500	Below 4:39.99	500	Below 34.26	500	Above 11.74
480	1:26.20 – 1:28.20	480	2:04.81 – 2:08.00	480	4:39.99 – 4:43.18	480	34.26 – 34.70	480	11.74 – 12.19
460	1:28.21 – 1:31.15	460	2:08.01 – 2:11.20	460	4:43.19 – 4:46.38	460	34.71 – 34.81	460	12.20 – 12.31
440	1:31.16 – 1:33.70	440	2:11.21 – 2:14.40	440	4:46.39 – 4:49.58	440	34.82 – 35.11	440	12.32 – 12.62
420	1:33.71 – 1:36.20	420	2:14.41 – 2:18.00	420	4:49.59 – 4:52.78	420	35.12 – 35.41	420	12.63 – 12.93
400	1:36.21 – 1:38.80	400	2:18.01 – 2:21.60	400	4:52.79 – 4:56.38	400	35.42 – 35.72	400	12.92 – 13.23
380	1:38.81 – 1:41.60	380	2:21.61 – 2:25.21	380	4:56.39 – 4:59.99	380	35.73 – 36.02	380	13.24 – 13.54
360	1:41.61 – 1:44.40	360	2:25.22 – 2:28.80	360	5:00.0 – 5:04.98	360	36.03 – 36.35	360	13.55 – 13.88
340	1:44.41 – 1:47.20	340	2:28.81 – 2:32.40	340	5:04.99 – 5:09.38	340	36.36 – 36.66	340	13.89 – 14.20
320	1:47.21 – 1:50.20	320	2:32.41 – 2:36.41	320	5:09.39 – 5:13.78	320	36.67 – 37.33	320	14.21 – 14.54
300	1:50.21 – 1:53.20	300	2:36.42 – 2:40.40	300	5:13.79 – 5:18.19	300	37.34 – 37.98	300	14.55 – 14.89
280	1:53.21 – 1:56.20	280	2:40.41 – 2:44.41	280	5:18.20 – 5:22.98	280	37.69 – 38.33	280	14.90 – 15.25
260	1:56.21 – 1:59.40	260	2:44.42 – 2:48.80	260	5:22.99 – 5:27.78	260	38.34 – 38.77	260	15.26 – 15.64
240	1:59.41 – 2:02.80	240	2:48.81 – 2:53.20	240	5:27.79 – 5:32.58	240	38.78 – 39.11	240	15.65 – 16.09
220	2:02.81 – 2:06.25	220	2:53.21 – 2:57.60	220	5:32.59 – 5:38.78	220	39.12 – 39.49	220	16.10 – 16.44
200	2:06.26 – 2:10.00	200	2:57.61 – 3:03.40	200	5:38.79 – 5:43.38	200	39.5 – 39.94	200	16.45 – 16.83
180	2:10.01 – 2:13.75	180	3:03.41 – 3:07.60	180	5:43.39 – 5:52.38	180	39.95 – 40.41	180	16.84 – 17.29
160	2:13.76 – 2:17.75	160	3:07.61 – 3:12.80	160	5:52.39 – 5:59.78	160	40.42 – 40.87	160	17.30 – 17.77
140	2:17.76 – 2:21.82	140	3:12.81 – 3:18.40	140	5:59.79 – 6:07.58	140	40.88 – 41.37	140	17.78 – 18.24
120	2:21.83 – 2:26.58	120	3:18.41 – 3:24.40	120	6:07.59 – 6:15.78	120	41.38 – 41.94	120	18.25 – 18.75
100	2:26.59 – 2:31.34	100	3:24.40 – 3:30.50	100	6:15.79 – 6:24.38	100	41.95 – 42.17	100	18.76 – 19.33
80	2:31.35 – 2:36.70	80	3:30.51 – 3:38.15	80	6:24.39 – 6:33.38	80	42.18 – 42.86	80	19.34 – 19.93
60	2:36.71 – 2:42.70	60	3:38.16 – 3:46.25	60	6:33.39 – 6:42.78	60	42.85 – 42.64	60	19.94 – 20.61
40	2:42.71 – 2:50.20	40	3:46.26 – 3:55.40	40	6:42.79 – 6:52.58	40	43.65 – 44.54	40	20.62 – 21.42
20	2:50.21 – 2:58.70	20	3:55.41 – 4:07.30	20	6:52.59 – 7:02.79	20	44.55 – 45.60	20	21.43 – 22.33

800m Walk		1500m Walk		60m Hurdles		80/90m Hurdles		60m Hurdle @Sprint	
Points	Time	Points	Time	Points	Time	Points	Time	Points	Time
500	Below 5:14.50	500	Above 9:18	500	Below 8.28	500	11.92 – 12.18	500	Below 17.30
480	5:14.50 – 5:19.99	480	9:18.00 – 9:19.99	480	8.29 – 8.52	480	12.19 – 12.48	480	17.30 – 17.96
460	5:20.00 – 5:24.99	460	9:20.00 – 9:23.99	460	8.53 – 8.78	460	12.49 – 12.78	460	17.70 – 18.13
440	5:25.00 – 5:29.99	440	9:24.00 – 9:28.99	440	8.79 – 9.02	440	12.79 – 13.08	440	18.14 – 18.55
420	5:30.0 – 5:34.99	420	9:29.00 – 9:34.99	420	9.03 – 9.28	420	13.09 – 13.41	420	18.56 – 18.98
400	5:35.5 – 5:34.99	400	9:35.00 – 9:41.99	400	9.29 – 9.54	400	13.42 – 13.71	400	18.99 – 19.43
380	5:38.5 – 5:41.99	380	9:42.00 – 9:49.00	380	9.55 – 9.82	380	13.72 – 14.04	380	19.44 – 19.89
360	5:42.00 – 5:44.49	360	9:50.00 – 10:00.99	360	9.83 – 10.08	360	14.05 – 14.37	360	19.90 – 20.35
340	5:45.50 – 5:47.99	340	10:01.00 – 10:11.99	340	10.09 – 10.36	340	14.38 – 14.70	340	20.36 – 20.82
320	5:48.00 – 5:47.99	320	10:12.00 – 10:23.99	320	10.37 – 10.64	320	14.71 – 15.06	320	20.83 – 21.30
300	5:50.00 – 5:49.99	300	10:24.00 – 10:35.00	300	10.65 – 10.92	300	15.07 – 15.42	300	21.31 – 21.79
280	5:53.00 – 5:56.99	280	10:36.00 – 10:47.00	280	10.93 – 11.22	280	15.43 – 15.81	280	21.80 – 22.30
260	5:57.00 – 6:03.89	260	10:48.00 – 10:59.99	260	11.23 – 11.52	260	15.82 – 16.20	260	22.31 – 22.83
240	6:03.90 – 6:10.59	240	11:00.00 – 11:12.99	240	11.53 – 11.82	240	16.21 – 16.59	240	22.84 – 23.35
220	6:10.60 – 6:17.85	220	11:13.00 – 11:25.99	220	11.83 – 12.14	220	16.60 – 17.01	220	23.36 – 23.92
200	6:17.86 – 6:26.45	200	11:26.00 – 11:38.99	200	12.15 – 12.48	200	17.02 – 17.46	200	23.93 – 24.49
180	6:26.46 – 6:34.62	180	11:39.00 – 11:52.99	180	12.49 – 12.80	180	17.47 – 17.94	180	24.50 – 25.08
160	6:34.63 – 6:45.28	160	11:53.00 – 12:06.99	160	12.81 – 13.16	160	17.95 – 18.48	160	25.09 – 25.72
140	6:45.29 – 6:56.28	140	12:07.00 – 12:21.99	140	13.17 – 13.52	140	18.49 – 19.08	140	25.73 – 26.36
120	6:56.92 – 7:05.29	120	12:22.00 – 12:37.99	120	13.53 – 13.92	120	19.09 – 19.77	120	26.37 – 27.06
100	7:06.30 – 7:16.99	100	12:38.00 – 12:54.99	100	13.93 – 14.29	100		100	27.07 – 27.77
80	7:17.00 – 7:28.99	80	12:55.00 – 12:54.99	80	14.30 – 14.74	80		80	27.78 – 28.57
60	7:29.00 – 7:40.09	60	13:03.00 – 13:21.99	60	14.75 – 15.19	60		60	28.58 – 29.42
40	7:40.10 – 7:49.99	40	13:22.00 – 13:41.99	40	15.20 – 15.74	40		40	29.43 – 30.45
20	7:50.00 – 8:00.00	20	13:42.00 – 14:00.00	20	15.75 – 16.39	20		20	30.46 – 32.56

High Jump		Long Jump		Standing Long Jump		Pole Vault		Shot Put	
Points	Height	Points	Distance	Points	Distance	Points	Height	Points	Distance
500	Above 1.83	500	Above 6.90	500	Above 2.52	500	Above 2.63	500	Above 15.20
480	1.83 – 1.80	480	6.90 – 6.74	480	2.52 – 2.41	480	2.63 – 2.54	480	15.20 – 14.67
460	1.79 – 1.75	460	6.73 – 6.53	460	2.40 – 2.30	460	2.53 – 2.45	460	14.66 – 14.67
440	1.74 – 1.71	440	6.52 – 6.35	440	2.29 – 2.20	440	2.44 – 2.36	440	14.12 – 13.64
420	1.70 – 1.67	420	6.34 – 6.15	420	2.19 – 2.11	420	2.35 – 2.28	420	13.63 – 13.10
400	1.66 – 1.62	400	6.14 – 5.94	400	2.10 – 2.03	400	2.27 – 2.20	400	13.09 – 12.56
380	1.61 – 1.58	380	5.93 – 5.75	380	2.02 – 1.97	380	2.19 – 2.12	380	12.55 – 12.00
360	1.57 – 1.53	360	5.74 – 5.55	360	1.96 – 1.91	360	2.11 – 2.05	360	11.99 – 11.51
340	1.52 – 1.49	340	5.54 – 5.33	340	1.90 – 1.86	340	2.04 – 1.98	340	11.50 – 10.95
320	1.48 – 1.44	320	5.32 – 5.13	320	1.85 – 1.81	320	1.97 – 1.92	320	10.94 – 10.38
300	1.43 – 1.39	300	5.12 – 4.90	300	1.80 – 1.76	300	1.91 – 1.86	300	10.37 – 9.86
280	1.38 – 1.35	280	4.89 – 4.69	280	1.75 – 1.71	280	1.85 – 1.81	280	9.85 – 9.30
260	1.34 – 1.30	260	4.68 – 4.46	260	1.70 – 1.66	260	1.80 – 1.76	260	9.29 – 8.78
240	1.29 – 1.25	240	4.45 – 4.23	240	1.65 – 1.61	240	1.75 – 1.71	240	8.77 – 8.20
220	1.24 – 1.20	220	4.22 – 4.00	220	1.60 – 1.55	220	1.70 – 1.66	220	8.19 – 7.66
200	1.19 – 1.15	200	3.99 – 3.75	200	1.54 – 1.48	200	1.65 – 1.61	200	7.65 – 7.12
180	1.14 – 1.09	180	3.74 – 3.51	180	1.47 – 1.41	180	1.60 – 1.56	180	7.11 – 6.55
160	1.08 – 1.04	160	3.50 – 3.25	160	1.40 – 1.33	160	1.55 – 1.51	160	6.54 – 5.98
140	1.03 – 0.99	140	3.24 – 2.98	140	1.32 – 1.25	140	1.50 – 1.46	140	5.97 – 5.44
120	0.98 – 0.93	120	2.97 – 2.69	120	1.24 – 1.17	120	1.45 – 1.41	120	5.43 – 4.86
100	0.92 – 0.86	100	2.68 – 2.41	100	1.16 – 1.09	100	1.40 – 1.35	100	4.85 – 4.31
80	0.85 – 0.80	80	2.40 – 2.11	80	1.08 – 1.01	80	1.34 – 1.29	80	4.30 – 3.71
60	0.79 – 0.73	60	2.10 – 1.75	60	1.0 – 0.93	60	1.28 – 1.22	60	3.70 – 3.16
40	0.72 – 0.66	40	1.74 – 1.39	40	0.92 – 0.85	40	1.21 – 1.15	40	3.15 – 2.56
20	0.65 – 0.57	20	1.38 – 1.08	20	0.84 – 0.74	20	1.14 – 1.04	20	2.55 – 2.15

Cricket Ball Throw		1kg/2kg Medicine Ball Throw		Discus		Javelin/Vortex		Overball	
Points	Distance	Points	Distance	Points	Distance	Points	Distance	Points	Distance
500	Above 65.14	500	Above 48	500	Above 39.60	500	Above 39.60	500	Above 48
480	65.14 – 62.73	480	48 – 45	480	39.60 – 38.21	480	39.60 – 38.21	480	48 – 45
460	62.72 – 60.09	460	44 – 43	460	38.20 – 36.71	460	38.20 – 36.71	460	44 – 43
440	60.08 – 57.67	440	42 – 41	440	36.70 – 35.21	440	36.70 – 35.21	440	42 – 41
420	57.66 – 55.03	420	40 – 39	420	35.20 – 33.71	420	35.20 – 33.71	420	40 – 39
400	55.02 – 52.61	400	38 – 37	400	33.70 – 32.21	400	33.70 – 32.21	400	38 – 37
380	52.60 – 50.97	380	36 – 35	380	32.20 – 30.71	380	32.20 – 30.71	380	36 – 35
360	49.96 – 47.55	360	34 – 33	360	30.70 – 29.21	360	30.70 – 29.21	360	34 – 33
340	47.54 – 44.91	340	32 – 31	340	29.20 – 27.71	340	29.20 – 27.71	340	32 – 31
320	44.90 – 42.49	320	30 – 29	320	27.70 – 26.71	320	27.70 – 26.71	320	30 – 29
300	42.48 – 39.83	300	28 – 27	300	26.10 – 24.61	300	26.10 – 24.61	300	28 – 27
280	39.82 – 37.43	280	26 – 25	280	24.60 – 23.11	280	24.60 – 23.11	280	26 – 25
260	37.42 – 34.83	260	25 – 24	260	23.10 – 21.51	260	23.10 – 21.51	260	25 – 24
240	34.82 – 32.23	240	24 – 23	240	21.50 – 20.01	240	21.50 – 20.01	240	24 – 23
220	32.22 – 29.61	220	23 – 22	220	20.00 – 18.36	220	20.00 – 18.36	220	23 – 22
200	29.60 – 27.09	200	22 – 21	200	18.35 – 16.86	200	18.35 – 16.86	200	22 – 21
180	27.08 – 24.39	180	21 – 20	180	16.85 – 15.36	180	16.85 – 15.36	180	21 – 20
160	24.38 – 21.87	160	20 – 19	160	15.35 – 13.71	160	15.35 – 13.71	160	20 – 19
140	21.86 – 19.17	140	18 – 17	140	13.70 – 12.06	140	13.70 – 12.06	140	18 – 17
120	19.16 – 16.47	120	16 – 15	120	12.05 – 10.56	120	12.05 – 10.56	120	16 – 15
100	16.46 – 13.95	100	14 – 13	100	10.55 – 9.66	100	10.55 – 9.66	100	14 – 13
80	13.94 – 11.19	80	12 – 11	80	9.65 – 7.26	80	9.65 – 7.26	80	12 – 11
60	11.18 – 8.47	60	10 – 9	60	7.25 – 5.46	60	7.25 – 5.46	60	10 – 9
40	8.46 – 5.75	40	8 – 7	40	5.45 – 3.81	40	5.45 – 3.81	40	8 – 7
20	5.74 – 3.82	20	6 – 3	20	3.80 – 2.60	20	3.80 – 2.60	20	6 – 3