



ATHLETICS NORTH QUEENSLAND 2018 ANQ SQUAD FEMALE STANDARDS



Athletes must have meet these standards from October 2017 to October 2018 to apply.

EVENT	GOLD	SILVER	GOLD	SILVER	GOLD	SILVER	GOLD	SILVER
	SENIOR	SENIOR	U/20	U/20	U/18	U/18	U/16	U/16
Born in years			99 & 00		01 & 02		03 & 04	
100m	12.2 (12.44)	12.6 (12.84)	12.4 (12.64)	12.8 (13.04)	12.8 (13.04)	13.3 (13.54)	13.2 (13.44)	13.6 (13.84)
200m	25.0 (25.24)	25.9 (26.14)	25.7 (25.94)	26.7 (26.94)	27.1 (27.34)	27.9 (28.14)	27.2 (27.44)	27.6 (27.84)
400m	57.0 (57.14)	58.0 (58.14)	57.8 (57.94)	59.2 (59.34)	59.9 (60.04)	62.3 (62.44)	62.4 (62.54)	64.8 (64.94)
800m	2:14.0	2:18.0	2:16.0	2:20.0	2:19.5	2:24.5	2:22.5	2:27.5
1,500m	4:35.00	4:45.00	4:39.5	4:46.5	4:45.5	4:54.5	4:55.0	5:10.0
3,000m					10:37.0	10:40.0	10:55.5	11:10.5
5,000m	19:00.0	20:00.0	18:03.0	18:05.0				
10km	40:00.0	43:00.0	39:00.0	42:00.0				
21.1km	1:25:30	1:28:30	1:28:00	1:31:00				
42.2km	3:08:00	3:28:00	3:32:00	3:52:00				
2,000m Steeple					7:41.0	7:45.0	8:30.0	9:00.0
3,000m Steeple	12:00.00	12:30.00	12:10.0	12:12.0				
3,000m Walk							21:06.5	23:57.5
5,000m Walk					32:00.0	34:00.0		
10,000m Walk	1:10.00	1:20:00	1:12.60	1:24.00				
90m Hurdles (76cm)							14.6 (14.84)	15.1 (15.34)
100m Hurdles (76cm)					15.6 (15.84)	15.9 (16.14)		
100m Hurdles (84cm)	14.8 (15.04)	15.4 (15.64)	15.5 (15.74)	15.8 (16.04)				
200m Hurdles (76cm)							32.3 (32.54)	34.3 (34.54)
400m Hurdles (76cm)	63.5 (63.64)	65.4 (65.54)	67.0 (67.14)	69.0 (69.14)	69.0 (69.14)	70.0 (70.14)		
High Jump	1.64	1.56	1.68	1.60	1.66	1.60	1.54	1.46
Long Jump	5.10	4.90	5.30	5.00	5.10	4.70	4.94	4.60
Triple Jump	10.30	9.80	10.65	9.65	10.55	9.60	10.30	9.50
Pole Vault	3.50	3.00	3.00	2.50	2.70	2.20	2.30	2.00
Shot Put (4kg)	12.00	11.20	11.85	11.25				
Shot Put (3kg)					11.05	10.00	11.00	9.95
Shot Put (2kg)								
Discus (1kg)	35.00	30.00	32.00	23.00	34.00	28.00	28.00	21.00
Discus (750g)								
Javelin (600g)	35.00	32.00	30.00	24.00				
Javelin (500g)					32.50	26.50	28.00	22.00
Javelin (400g)								
Hammer (4kg)	40.00	30.00	31.00	25.00				
Hammer (3kg)					35.00	28.00	30.00	22.00
Heptathlon	3600	3000	3500	3100	3450	2950	2600	2000

**Performances in brackets are for electronic timing*

If athletes have meet the entry standards for the Development Squad and would like to be a member, please fill in the online form on the ANQ website under the athletes section - ANQ Squad. Please note that Athletes with a Disability (Para-Athletes) can fill in the online form regardless if they have made the above standards or not. A selection panel will decide if the Para-Athlete is selected and in what group.