

ARAFURA GAMES 2011
ATHLETICS ENTRY STANDARDS

ARAFURA GAMES ATHLETICS - ENTRY STANDARDS 2011				
Event	Open Men	Open Women	Under 18 Men	Under 18 Women
	<i>Standard</i>	<i>Standard</i>	<i>Standard</i>	<i>Standard</i>
100m	11.30	13.00	11.80	13.70
200m	23.50	27.50	24.50	29.00
400m	54.00	1:01.00	55.00	1:03.00
800m	2:08.00	2:30.00	2:13.00	2:50.00
1500m	4:20.00	5:30.00	4:40.00	5:40.00
3000m	10:00:00	11:00:00	XXX	XXX
5000m	18:00.00	21:00.00	XXX	XXX
10000m	35:00.00	44:00.00	XXX	XXX
100m hurdles	XXX	18.00	XXX	XXX
110m Hurdles	17.80	XXX	17.00	XXX
400m Hurdles	1:02.00	1:0800	XXX	XXX
Steeple Chase 3000m	11.00.00	13.50.00	XXX	XXX
High Jump	1.75	1.40	XXX	XXX
Long Jump	5.80	4.60	XXX	XXX
Triple Jump	12.00	10.00	XXX	XXX
Shot Put	12.00	9.50	10.50	9.00
Discus	36.00	30.00	32.00	28.00
Hammer	38.00	32.00	32.00	25.00
Javelin	45.00	32.00	40.00	29.00
Pole Vault	3.80	2.80	XXX	XXX
Half Marathon	2:00:00	2:15:00	XXX	XXX

***Under 18 Athletes may enter the distance events and jump events as an Open Athlete.**

Delegations are asked to use these standards as a guide when selecting their Teams. The aim of the standards is to prevent inappropriate entries and to raise the level of competition during the Games.

Age groups are calculated on the 31st December in the year of competition, i.e. athletes in the U18 category should have been born in 1994 or later. **Athletes must have reached a minimum age of 15 years by the 31st December 2011.**

Please note there is a separate qualification form for Oceania Paralympic Championships athletics.