

# Northern District and Met West Qualifying Standards (2024)

## Track Events - Boys and Girls

Event	10 Yrs	11 Yrs	12 Yrs
100 m	Top 4	Top 4	Top 4
200 m	Top 3	Top 3	Top 3
800 m	Top 3	Top 3	Top 3
1500 m	Top 3	Top 3	Top 3
Tetrathlon	Top 2	Top 2	Top 2

## Field Events - Boys

## Field Events - Girls

Event	10 Yrs	11 Yrs	12 Yrs	Event	10 Yrs	11 Yrs	12 Yrs
Shot Put	3	3	3	Shot Put	3	3	3
NE Qual	7.00 m	7.50 m	7.50 m	NE Qual	6.00 m	6.50 m	6.50 m
MW Qual	8.00 m	8.50 m	8.50 m	MW Qual	7.00 m	7.50 m	7.50 m
Discus	3	3	3	Discus	3	3	3
NE Qual	18.00 m	16.00 m	18.00 m	NE Qual	14.00 m	13.00 m	14.00 m
MW Qual	20.00 m	18.00 m	20.00 m	MW Qual	16.00 m	15.00 m	16.00 m
High Jump	3	3	3	High Jump	3	3	3
NE Qual	1.04 m	1.14 m	1.22 m	NE Qual	0.97 m	1.07 m	1.17 m
MW Qual	1.12 m	1.22 m	1.30 m	MW Qual	1.00 m	1.10 m	1.20 m
Long Jump	3	3	3	Long Jump	3	3	3
NE Qual	3.40 m	3.70 m	4.00 m	NE Qual	3.00 m	3.30 m	3.60 m
MW Qual	3.60 m	3.90 m	4.20 m	MW Qual	3.20 m	3.50 m	3.80 m

Students can nominate for up to 5 events in total

Discus - 3 attempts. Top 8 get a further 3 attempts

Shot Put - 3 attempts. Top 8 get a further 3 attempts

Long Jump - 3 attempts. Top 8 get a further 3 attempts

High Jump - Starting height is the qualifying height. Only 2 attempts at this height.  
The second height is 8 cms above the starting height. The third height is 5cms above  
the second height. All subsequent increases are 3 cms.