



## ATHLETICS NORTH QUEENSLAND 2022 ANQ SQUAD FEMALE STANDARDS

Athletes must have met these standards from December 1<sup>st</sup>, 2021 to November 30<sup>th</sup>, 2022 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			03 & 04		05 & 06		07 & 08	
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)	13.1 (13.34)	13.5 (13.74)
200m	25.5 (25.74)	25.1 (26.34)	25.7 (25.94)	26.7 (26.94)	26.9 (27.14)	27.1 (27.34)	27.0 (27.24)	27.4 (27.64)
400m	58.0 (58.14)	59.0 (59.14)	59.8 (59.94)	60.2 (60.34)	59.9 (60.04)	62.3 (62.44)	62.2 (62.34)	64.4 (64.54)
800m	2.16.00	2.20.00	2.18.00	2.24.50	2.24.50	2:27.50	2.27.50	2.30.00
1,500m	4.45.00	5.00.00	4.50.00	5.05.00	4.58.00	5.15.00	5.08.00	5.20.00
3,000m					10.55.50	11.10.50	11.15.50	11:30.50
5,000m	18.30.00	19.30.00	19.00.00	20.00.00				
10km	39:00.00	42:00.00	40.00.00	43.00.00				
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					8.10.00	8.30.00	8:30.00	9:00.00
3,000m Steeple	12:00.00	12:30.00	12:10.00	12:40.00				
3,000m Walk							21:06.50	23:57.50
5,000m Walk					32:00.00	34:00.00		
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	1.62	1.50	1.58	1.50	1.54	1.46
Long Jump	5.20	5.00	5.15	4.90	5.10	4.70	4.94	4.60
Triple Jump	10.70	10.00	10.65	9.80	10.55	9.60	10.30	9.50
Pole Vault	3.20	2.90	2.90	2.60	2.60	2.30	2.10	1.90
Shot Put (4kg)	11.80	11.00	11.65	11.10				
Shot Put (3kg)					11.05	10.00	10.70	9.40
Shot Put (2kg)								
Discus (1kg)	33.00	29.00	30.00	23.00	32.00	26.00	28.00	21.00
Discus (750g)								
Javelin (600g)	35.00	30.00	30.00	24.00				
Javelin (500g)					31.50	25.50	28.00	22.00
Javelin (400g)								
Hammer (4kg)	38.00	28.00	31.00	23.00				
Hammer (3kg)					35.00	27.00	30.00	22.00
Heptathlon	3600	3000	3500	3100	3450	2950	2600	2000

*\*Performances in brackets are for electronic timing*

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