



ATHLETICS NORTH QUEENSLAND 2022 ANQ SQUAD MALE STANDARDS

Athletes must have met these standards from December 1st, 2021 to November 30th, 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	10.9 (11.14)	11.2 (11.44)	11.0 (11.24)	11.2 (11.44)	11.3 (11.54)	11.7 (11.94)	11.6 (11.84)	12.0 (12.24)
200m	22.4 (22.64)	22.8 (23.04)	22.3 (22.54)	22.7 (22.94)	22.9 (23.14)	23.2 (23.44)	23.8 (23.94)	24.4 (24.54)
400m	50.1 (50.24)	50.9 (51.04)	51.9 (52.04)	53.0 (53.14)	52.8 (52.94)	54.6 (54.74)	54.9 (55.04)	57.9 (58.04)
800m	1:56.00	2:01.00	1:58.50	2:07.00	2:04.50	2:10.00	2:10.00	2:22.00
1,500m	4:02.00	4:08.00	4:08.00	4:14.00	4:20.00	4:28.00	4:25.00	4:33.00
3,000m					9:10.00	9:25.00	9:45.00	10:00.00
5,000m	16:03.00	16:20.00	16:15.00	16:45.00				
10km	33:30.00	36:30.00	34:00.00	37:00.00				
21.1km	1:23:30	1:26:30	1:25:00	1:29:00				
42.2km	3:00:00	3:20:00	3:25:00	3:45:00				
2,000m Steeple					6:45.00	7:15.00	7:00.00	7:20.00
3,000m Steeple	10:10.00	10:20.00	10:20.00	10:35.00				
3,000m Walk							19:00.00	20:00.00
10,000m Walk	54:20.00	57:50.00	53:50.10	57:40.20	54:30.00	57:00.00		
100m Hurdles (84cm)							14.78 (15.02)	15.1 (15.34)
110m Hurdles (91cm)					15.6 (15.84)	15.9 (16.14)		
110m Hurdles (99cm)			16.0 (16.24)	16.3 (16.54)				
110m Hurdles (1.06m)	16.0 (16.24)	16.8 (17.04)						
200m Hurdles (76cm)							30.0 (30.24)	31.0 (31.24)
400m Hurdles (91cm)	60.0 (60.14)	63.0 (63.14)	59.6 (59.74)	62.2 (62.34)				
400m Hurdles (84cm)					59.3 (59.44)	62.1 (62.24)		
High Jump	1.95	1.80	1.90	1.80	1.85	1.75	1.70	1.60
Long Jump	6.90	6.30	6.60	6.30	6.32	5.90	5.82	5.40
Triple Jump	12.80	12.00	12.70	11.50	12.50	11.70	12.30	11.55
Pole Vault	4.00	3.50	3.90	3.00	3.40	2.60	2.90	2.20
Shot Put (7.26kg)	12.80	12.00						
Shot Put (6kg)			13.20	12.10				
Shot Put (5kg)					14.30	13.50		
Shot Put (4kg)							13.50	12.60
Discus (2kg)	41.00	35.00						
Discus (1.75kg)			42.50	35.50				
Discus (1.5kg)					42.00	34.00		
Discus (1kg)							43.00	34.00
Javelin (800g)	49.00	42.00	48.00	43.00				
Javelin (700g)					48.50	39.50	41.00	35.00
Hammer (7.26kg)	44.00	38.00						
Hammer (6kg)			42.50	35.00				
Hammer (5kg)					40.00	30.00		
Hammer (4kg)							32.00	24.00
Decathlon	5800	5400	4750	4250	4500	3900		
Octathlon	4500	3500	4000	3000	3000	2500		
Heptathlon							2900	2400

**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 in what membership.