

**AUCKLAND TEAM TO THE NEW ZEALAND TRACK & FIELD
CHAMPIONSHIPS, HAMILTON, MARCH 9-11 2018
SELECTION GUIDELINES**

Athletes seeking selection to the Auckland team will gain **AUTOMATIC SELECTION** if they achieve the performances listed below over the 2017-2018 summer track & field season.

Athletes who do not achieve these standards may also be selected to the Auckland Team, at the discretion of the selectors, if they show good form and potential for further improvement during the current athletic season, inclusive of the 2018 Auckland Championships.

Age Grades

Senior Men/Women 20 years of age and over, as at December 31st 2018

Junior Men/Women (Under 20) 18 or 19 years of age, as at 31/12/18

Youth Men/Women (Under 18) 15, 16 or 17 years of age, as at 31/12/18

***Minimum age for an athlete to compete in any of the grades is 15 years as at 31/12/18**

EVENT	SM	U20M	U18M	SW	U20W	U18W
100	10.90	11.30	11.40	12.20	12.60	12.70
200	21.95	22.70	23.00	25.20	25.90	26.15
400	49.50	51.00	52.00	57.90	58.90	59.50
800	1:56.00	1:59.00	2:01.00	2:12.00	2:16.00	2:20.00
1500	3:55.00	3:59.00	4:03.00	4:22.00	4:43.00	4:47.00
5k/3k	14:54.0	15:21.00	8:56.00	17:24.00	17:53.00	10:50.00
Steeple3/2k	9:45.00	10:30.00	6:40.00	11:30.00	12:43.00	7:35.00
110/100mH	15.90	15:80	15.35	15.00	15.80	15.30
400/300mH	54.80	59.40	41.00	66.20	67.00	46.50
PV	3.95m	3.65m	3.20m	3.30m	3.05m	2.70m
HJ	1.91m	1.85m	1.75m	1.66m	1.60m	1.58m
LJ	6.70m	6.45m	6.15m	5.50m	5.30m	5.20m
TJ	13.85m	13.00m	12.00m	11.65m	10.80m	10.70m
SP	13.20m	14.50m	12.60m	11.50m	11.30m	12.70m
DT	44.40m	40.00m	42.00m	42.40m	37.30m	36.30m
HT	49.00m	43.00m	46.00m	40.00m	37.00m	35.00m
JT	51.00m	44.00m	44.50m	48.60m	34.00m	34.20m
Track Walk	15:46.00	16.00.00	16.35.00	13:60.00	17:00.00	17:40.00
Road Walk	1h:41.00	1h:10.00	xxx	1h:54.00	1h:06.00	xxx

- ❖ Athletes **must** be registered with the Auckland Centre by their Club and, unless resident overseas, have competed for that Club at Centre meetings prior to the 2018 Auckland Championships (February 16th-18th, 2017) to be considered for inclusion in the Auckland Team.
- ❖ For Combined Events, and the 3000m (SM, U20M, SW, U20W) and 10,000m National Championships, athletes will represent their clubs.
- ❖ AWD athletes must advise the selectors of their desire to be selected. There are no set standards. Selection decisions will be notified directly to the athlete.