

AUCKLAND TEAM TO THE NEW ZEALAND TRACK & FIELD CHAMPIONSHIPS, CHRISTCHURCH, MARCH 8-10 2019 SELECTION GUIDELINES

Registered Auckland Athletes seeking selection to the Auckland Team will gain AUTOMATIC SELECTION if they achieve the performances listed below over the 2018-19 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, and at the 2019 Auckland Championships.

Age Grades

Senior Men/Women 20 years of age and over, as at December 31st 2019

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

Youth Men/Women (Under 18) 15, 16 or 17 years of age, as at 31/12/19

EVENT	SM	U20M	U18M	SW	U20W	U18W
100m	10.90	11.20	11.40	12.20	12.45	12.75
200m	22.10	22.45	22.80	25.15	25.30	25.95
400m	49.00	50.25	50.90	57.85	58.00	58.40
800m	1:53.30	1:56.00	1:58.50	2:10.00	2:15.00	2:16.00
1500m	3:55.30	4:06.90	4:07.50	4:26.50	4:47.50	4:48.00
5k/3k	15:05.00	15:40.00	8:56.00	17:07.00	17:47.50	10:10.00
Steeple3/2k	10:18.00	10:28.00	6:40.00	11:25.00	12:21.00	7:14.00
110/100mH	16.30	16.15	15.40	14.50	15.55	15.10
400/300mH	57.40	59.45	40.55	63.50	66.20	46.65
PV	4.24m	3.85m	3.23m	3.26	3.10m	2.97m
HJ	1.91m	1.83m	1.79m	1.69	1.60m	1.58m
LJ	6.75m	6.58m	6.33m	5.50m	5.18m	5.06m
TJ	14.20m	13.20m	12.75m	11.50m	11.15m	11.05m
SP	13.70m	15.55m	14.35m	11.90m	11.25m	12.50m
DT	45.90m	43.40m	44.00m	44.45m	38.20m	36.95m
HT	49.50m	46.20m	49.70m	49.55m	40.45m	41.40m
JT	59.00m	43.80m	46.05m	45.65m	35.00m	35.30m
Track Walk	15:30.00	16:00.00	17:00.00	15:12.00	17:00.00	18:22.00
Road Walk	1h:54.00	1h:05.00	xxx	1h:58.00	1h:10.00	xxx

- ❖ Athletes **must** be registered with the Auckland Centre by their Club at the time of their qualifying performance, and, unless resident overseas, have competed for that Club at Centre meetings prior to the 2019 Auckland Championships to be considered for inclusion in the Auckland Team. **Athletes who wish to be selected should compete at Auckland Championships. If athletes are unable to compete at the 2019 Auckland Champs they must notify the selectors in advance, giving their reasons, or be competing at an international event.**
- ❖ 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.