



AUCKLAND TEAM TO THE NEW ZEALAND TRACK & FIELD CHAMPIONSHIPS, HASTINGS, MARCH 4-6 2022 SELECTION GUIDELINES

Auckland Athletes seeking selection to the Auckland Team will gain AUTOMATIC SELECTION if they achieve the guideline within the selection rules over the 2021-22 track & field season.

Athletes who do not achieve these guideline performances 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 2021 Auckland Championships.

Age Grades:

Senior Men/Women 20 years of age and over, as at 31/12/22 (YOB 2002+)
U20M/U20W 18 or 19 years of age, as at 31/12/22 (YOB 2003,2004)
U18M/U18W 15,16 or 17 years of age, as at 31/12/22 (YOB 2005,2006,2007)

EVENT	SM	U20M	U18M	SW	U20W	U18W
100m	10.92	11.20	11.35	12.05	12.65	12.70
200m	22.10	22.30	22.70	24.30	25.90	25.95
400m	49.50	51.00	52.00	57.50	58.50	59.00
800m	1:54.00	1:58.00	1:59.00	2:11.00	2:16.50	2:16.50
1500m	3:58.00	4:06.00	4:11.00	4:30.00	4:44.00	4:48.00
3000m*/5000m	15:00.00	15:50.00	8:56.00*	17:20.00	17:45.00	10:45.00*
2000m*/3000m Steeplechase	9:45.00	10:30.00	6:40.00*	12:00.00	11:47.00	7:48.00*
110m/100m*Hurdles	16.30	15.60	15.50	14.50*	15.20*	15.12*
400m/300m*Hurdles	59.24	59.00	41.60*	63.30	68.00	46.50*
PV	4.40m	3.70m	3.20m	3.35m	3.17m	2.75m
HJ	1.90m	1.85m	1.79m	1.66m	1.60m	1.60m
LJ	6.90m	6.45m	6.30m	5.65m	5.10m	5.10m
TJ	13.90m	13.00m	12.60m	11.60m	10.90m	10.80m
SP	13.40m	13.40m	13.80m	13.35m	12.20m	12.10m
DT	45.00m	42.60m	39.00m	47.50m	39.00m	34.50m
HT	50.60m	45.00m	46.70m	48.30m	41.00m	42.20m
JT	53.70	42.50m	40.00m	41.00m	37.00m	34.50m
3000m Race Walk	15:20.00	15:30.00	16:00.00	16:50.00	17:00.00	18:10.00
10,000m Race Walk	NS	NS	xxx	NS	NS	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 2022 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 2022 Auckland Champs they should 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.
- ❖ Para athletes must advise the selectors of their desire to be selected. There are no set Para standards. Selection decisions will be notified directly to the athlete.
- ❖ **NS** = No Standard. Selection is at the discretion of the Selectors.
- ❖ **Athletes are advised to read the accompanying SELECTION RULES posted on the Athletics Auckland website.**