

AUCKLAND TEAM TO THE N.Z. TRACK & FIELD CHAMPIONSHIPS, NEWTOWN PARK WELLINGTON, MARCH 14-17, 2024 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 2023-24 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 2024 Auckland Championships.

Age Grades:

Senior Men/Women	20 years of age and over, as at 31/12/24	(YOB 2004+)
U20M/U20W	18 or 19 years of age, as at 31/12/24	(YOB 2005,2006)
U18M/U18W	16 or 17 years of age, as at 31/12/24	(YOB 2007,2008)
U16M/U16W	14 or 15 years of age as at 31/12/24	(YOB 2009,2010)

EVENT	SM	U20M	U18M	U16M	SW	U20W	U18W	U16W
100m	10.92	11.20	11.35	12.00	12.05	12.65	12.70	13.00
200m	22.10	22.30	22.70	24.90	25.00	25.90	25.95	27.00
400m	49.50	51.00	52.00	55.00	57.50	58.50	59.00	62.50
800m	1:54.00	1:58.00	2:00.00	2:09.00	2:11.00	2:16.50	2:16.50	2:29.00
1500m	3:55.00	4:02.00	4:08.00	4:25.00	4:30.00	4:44.00	4:51.00	5:00.00
3000*/5000m	14.45.00	15:30.00	8:58.00*	9:40.00	17:10.0	17:45.0 0	10:45.00*	11:30.00*
2000*/3000mSt	9:45.00	10:30.00	6:25.00*	7:40.00*	12:00.0	12:10.0 0	7:48.00*	9:00.00*
110m/100*/80H**	16.30	15.90	15.60	15.50*	14.80*	15.90*	15.12*	14.00**
400m/300m*H	59.24	59.24	42.50*	45.00*	64.00	68.00	46.50*	49.00*
PV	4.35m	3.70m	3.20m	2.60m	3.35m	2.90mE S	2.80mES	2.25m
HJ	1.90m	1.85m	1.78m	1.62m	1.66m	1.55m	1.60m	1.45m
LJ	6.90m	6.35m	6.20m	5.50m	5.65m	5.08m	5.10m	4.50m
TJ	13.30m	12.50m	12.00m	10.50m	11.50m	10.90m	10.80m	9.40m
SP	13.40m	13.40m	13.10m	10.00m	13.30m	11.50E S	12.10m	11.20m
DT	44.50m	42.00m	39.00m	31.00m	44.50m	39.00m	37.00m	32.00m
HT	51.00m	46.00m	46.00m	37.00m	48.30m	40.00m	42.20m	38.00m
JT	53.70m	44.00m	40.00m	30.50m	40.00m	34.00m	34.50m	28.00m
3000m Walk	15:20.0	15:30.0	16:00.0	17:50.0	16:50.0	17:00.0	18:10.0	20:20.0
10,000m Walk	50.00.0E	55.00.0E	xxx	xxx	55.00.0E	60.00.0 E	xxx	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 2024 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 2024 Auckland Champs they should notify the selectors in advance, giving their reasons.**
- ❖ For Combined Events, 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.
- ❖ Athletes are advised to read the accompanying **SELECTION RULES** posted on the Athletics Auckland website.