

AUCKLAND TEAM TO THE N.Z. TRACK & FIELD CHAMPIONSHIPS, CALEDONIAN GROUND DUNEDIN, MARCH 6-9th, 2025

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 2024-25 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 T&F season, and at the 2025 Auckland Championships.

Age Grades:

| | | |
|--------|------------------------------------------|------------------|
| Senior | 20 years of age and over, as at 31/12/25 | (YOB 2005+) |
| U20 | 18 or 19 years of age, as at 31/12/25 | (YOB 2006, 2007) |
| U18 | 16 or 17 years of age, as at 31/12/25 | (YOB 2008, 2009) |
| U16 | 14 or 15 years of age as at 31/12/25 | (YOB 2010, 2011) |

| EVENT | SM | U20M | U18M | U16M | SW | U20W | U18W | U16W |
|---------------|----------|----------|----------|----------|----------|----------|-----------|-----------|
| 100m | 10.92 | 11.10 | 11.35 | 12.00 | 12.05 | 12.65 | 12.70 | 12.90 |
| 200m | 22.10 | 22.50 | 22.70 | 24.00 | 25.00 | 25.90 | 25.95 | 27.00 |
| 400m | 49.50 | 51.00 | 52.00 | 55.00 | 57.50 | 59.00 | 59.00 | 61.00 |
| 800m | 1:54.00 | 1:58.00 | 1:59.00 | 2:09.00 | 2:11.00 | 2:18.00 | 2:18.00 | 2:27.00 |
| 1500m | 3:55.00 | 4:02.00 | 4:07.00 | 4:25.00 | 4:27.00 | 4:44.00 | 4:51.00 | 5:00.00 |
| 3*/5000m | 14:50.00 | 15:40.00 | 8:58.00* | 9:40.00* | 17:10.00 | 18.00.00 | 10:40.00* | 11:30.00* |
| 2*/3000mSC | 9:45.00 | 10:30.00 | 6:25.00* | 7:40.00* | 12:00.00 | 12:20.00 | 8:00.00* | 9:00.00* |
| 110/100m*H | 16.30 | 15.90 | 15.70 | 15.50* | 14.80* | 15.95* | 15.50* | x |
| 80m H | x | x | x | x | x | x | x | 14.00 |
| 400/300m*H | 59.24 | 59.00 | 42.50* | 45.30* | 65.00 | 67.50 | 47.50* | 50.00* |
| PV | 4.35m | 3.70m | 3.20m | 2.60m | 3.40m | 2.90m | 2.80m | 2.25m |
| HJ | 1.90m | 1.85m | 1.78m | 1.62m | 1.66m | 1.55m | 1.55m | 1.45m |
| LJ | 6.80m | 6.35m | 6.10m | 5.50m | 5.65m | 5.05m | 5.05m | 4.60m |
| TJ | 13.30m | 12.50m | 11.90m | 10.50m | 11.40m | 10.80m | 10.35m | 9.60m |
| SP | 13.05m | 14.00m | 13.10m | 10.50m | 13.00m | 11.50m | 12.40m | 11.20m |
| DT | 44.50m | 40.00m | 39.00m | 31.50m | 44.50m | 40.00m | 38.00m | 32.00m |
| HT | 51.00m | 46.00m | 45.00m | 37.00m | 47.00m | 38.00m | 42.20m | 39.00m |
| JT | 54.73m | 44.00m | 40.00m | 30.50m | 39.00m | 34.00m | 34.50m | 28.00m |
| 3000m RW | 15:30.0 | 16:00.0 | 16:00.0 | 17:50.0 | 16:50.0 | 17:00.0 | 19:00.0 | 20:20.0 |
| 5*/10,000m RW | 50.00.00 | 55:00.00 | 27:00* | xxx | 55.00.00 | 60.00.00 | 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 2025 Auckland Championships to be considered for inclusion in the Auckland Team. **Athletes who wish to be selected should compete at Auckland Championships. If unable to compete at the 2025 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.**