

Standards 2019

U13 and U15 have 3 trials.

U17, U20 and Senior have 3 trials. The top 6 who meet the standard will receive a further 3 trials.

Standards

	U17 Women	U17 Men	Senior Women	U20 Men	Senior Men
Hammer	30m	32m	30m	33m	35m
Discus	25m	32m	30m	31m	30m
Shot	8.5m	10.5m	9m	10.5m	10.5m
Javelin	30m	35m	30m	35m	35m
Long Jump	5.4m	6m	5.6m	6.5m	6.5m
Triple Jump	10.6m	12.7m	10.9m	13m	13m