



## Qualification Guide

2020/21 State Challenge and  
State Individual Championships

**coles**



There is a new process for qualifying for the State Individual Championships and State Challenge for the 2020/21 season for Under 9 to Under 13 athletes. The intention of this new process is to ensure full fields for each event at the State Individual Championships.

This will be achieved by having a "quota" for each event at State Individual Championships. A quota is a fixed number of athletes that will be able to be entered into each event. An athlete who is entered into the State Individual Championships will have earned a "quota place" in that event.

The quotas are as follows:

Events	Quota
70m, 100m, 200m, 60m Hurdles, 80m Hurdles	24
400m, 200m Hurdles, 800m, 1500m	16
700m Walk, 1100m Walk, 1500m Walk*	8
High Jump, Triple Jump, Javelin	12
Long Jump, Shot Put, Discus	16

\*Walk quota is based on these being conducted as mixed events, i.e. 8 boys and 8 girls.

Athletes may automatically qualify for a quota place by the following means

- (1) Achieving the automatic qualifying standard for the event on at least one occasion during the qualification period.

For athletes registered with a Country Centre, winning the event for their age group at their designated Country Championships (subject to minimum entry standards). For example, an athlete from Mt Gambier that wins the U10 Boys Long Jump at the South East Country Championships will be eligible for the U10 Boys Long Jump in the State Individual Championships.

**Note: Athletes must nominate for the event for the State Individual Championships to claim the quota place.**

At the close of entries, the remaining quota places will be filled by comparing the best performances of all athletes that have entered the event, with the best performances gaining a quota place (subject to minimum entry standards).

**Athletes that do not gain a quota place for an event in the State Individual Championships will be entered into that event at the State Challenge.** For example, an athlete that nominates for the 100m but does not gain a quota place for the State Individuals will be entered into the 100m at the State Challenge.

Athletes can nominate in up to five events. Depending on their qualification status and quota positions, some of those events may be in the State Individuals and some may be in the State Challenge – they are guaranteed a place in each event they nominate for in one of the Competitions.

There are no quotas for Under 14 to Under 17 events.

All athletes must also meet the eligibility requirements for the State Individual Championships

- (1)** Be a registered, paid, Little Athletics SA member on or before 31<sup>st</sup> December 2020.
- (2)** Have competed and recorded results in 20 events with their centre/club within the qualifying period – 1/9/2020 to 21/2/2021.
- (3)** Have a valid recorded performance in each event they wish to enter for the State Individual Championships/State Challenge.

## Automatic Qualifying Standards

Athletes achieving the following qualifying standards at least once during the qualification period qualify for an automatic quota place for the State Individual Championships.

### Boys Standards

	<b>U9</b>	<b>U10</b>	<b>U11</b>	<b>U12</b>	<b>U13</b>
<b>70m</b>	11.08	10.49			
<b>100m</b>	15.97	14.96	14.14	14.09	13.00
<b>200m</b>	34.13	31.65	30.14	29.42	27.77
<b>400m</b>	1:20.79	1:16.33	1:11.38	1:06.70	1:03.00
<b>800m</b>	3:00.70	2:50.22	2:42.92	2:40.12	2:25.91
<b>1500m</b>			5:36.26	5:21.85	5:04.50
<b>Hurdles</b>	11.33	11.60	14.36	13.92	14.28
<b>200mH</b>					31.89
<b>Walk</b>	4:44.02	7:22.28	7:11.08	9:17.80	9:54.83
<b>Shot Put</b>	6.17	7.66	8.98	9.58	10.03
<b>Discus</b>	18.04	22.55	28.86	26.19	33.55
<b>Long Jump</b>	3.63	3.96	4.09	4.51	4.80
<b>Triple Jump</b>			8.67	9.46	10.56
<b>High Jump</b>	1.15	1.16	1.35	1.40	1.50
<b>Javelin</b>			22.01	24.69	27.38

## Girls Standards

	<b>U9</b>	<b>U10</b>	<b>U11</b>	<b>U12</b>	<b>U13</b>
<b>70m</b>	11.48	10.80			
<b>100m</b>	16.45	15.38	14.90	14.41	13.82
<b>200m</b>	35.05	32.60	31.79	29.81	29.08
<b>400m</b>	1:25.11	1:16.77	1:14.40	1:12:28	1:07.89
<b>800m</b>	3.13:42	2:53.01	2:52.55	2:45.50	2:45.18
<b>1500m</b>			6:15.94	5:48.88	5:38.83
<b>Hurdles</b>	12.01	11.75	14.66	15.32	15.32
<b>200mH</b>					33.73
<b>Walk</b>	4:57.30	7:29.97	7:30.89	10:14.25	9:30.49
<b>Shot Put</b>	5.42	6.48	7.40	8.10	8.40
<b>Discus</b>	13.70	17.76	19.90	20.97	27.28
<b>Long Jump</b>	3.45	3.68	4.00	4.16	4.41
<b>Triple Jump</b>			8.22	8.76	9.18
<b>High Jump</b>	1.05	1.15	1.30	1.32	1.36
<b>Javelin</b>			15.14	18.99	20.82

## Benchmark Performances

Fields for each event at the State Individual Championships are filled by allocating athletes to the events based on their best performance at the end of the qualification period. The benchmark performances indicate a range of performances that **may** qualify for a quota place depending on the number of entries for the event. Athletes **may** still be included in the State Individual Championships even if their best performance is not better than the benchmarks. The performances below are based on the best performances as at the end of the qualification period for the 2019/20 season.

**ACHIEVING THESE PERFORMANCES DOES NOT GUARANTEE ENTRY TO THE STATE INDIVIDUAL CHAMPIONSHIPS.**

## Boys Benchmarks

	U9	U10	U11	U12	U13
<b>70m</b>	11.68 12.10	11.10 11.61			
<b>100m</b>	16.67 17.18	15.74 16.52	14.99 15.62	14.78 15.36	13.98 14.60
<b>200m</b>	36.50 38.05	33.80 35.60	31.80 33.46	31.19 32.65	29.65 31.38
<b>400m</b>	1:24.80 1:27.13	1:20.52 1:23.77	1:15.75 1:17.21	1:12.61 1:14.55	1:08.15 1:12.65
<b>800m</b>	3:08.02 3:17.25	2:58.40 3:04.52	2:49.10 3:00.66	2:48.00 2:55.90	2:39.00 2:50.39
<b>1500m</b>			5:53.89 6:14.31	5:46.70 6:08.10	5:39.72 6:07.23
<b>Hurdles</b>	12.20 12.75	12.50 13.06	16.36 16.97	16.20 17.25	16.45 18.04
<b>200mH</b>					34.12 36.40
<b>Walk</b>	4:55.80 5:10.72	7:29.10 7:54.51	7:25.26 7:41.24	10:47.33 11:20.43	10:20.09 10:58.61
<b>Shot Put</b>	5.74 5.37	6.60 6.08	7.48 6.91	8.19 7.82	7.88 7.31
<b>Discus</b>	15.78 14.34	18.66 17.50	22.89 19.58	20.23 18.03	24.90 21.02
<b>Long Jump</b>	3.42 3.26	3.69 3.48	3.82 3.65	4.05 3.70	4.35 4.11
<b>Triple Jump</b>			8.20 7.84	8.43 8.20	9.32 8.88
<b>High Jump</b>	1.10 1.04	1.12 1.10	1.26 1.22	1.35 1.28	1.40 1.35
<b>Javelin</b>			18.71 16.03	20.60 18.14	23.50 20.01

## Girls Benchmarks

	<b>U9</b>	<b>U10</b>	<b>U11</b>	<b>U12</b>	<b>U13</b>
<b>70m</b>	12.10 12.53	11.41 11.90			
<b>100m</b>	17.19 17.98	16.38 16.91	15.91 16.27	15.19 15.68	14.55 15.10
<b>200m</b>	37.60 39.71	35.00 36.78	34.34 35.77	32.45 34.07	30.84 32.49
<b>400m</b>	1:30.73 1:34.42	1:22.80 1:27.26	1:21.02 1:24.52	1:14.82 1:19.72	1:13.09 1:16.91
<b>800m</b>	3:28.00 3:34.60	3:05.33 3:16.78	3:09.10 3:16.04	2:58.86 3:06.79	2:53.56 3:02.87
<b>1500m</b>			6:36.00 7:01.29	6:12.87 6:51.21	6:13.86 6:41.26
<b>Hurdles</b>	12.94 13.33	13.10 13.73	17.00 17.89	17.41 18.27	17.64 19.11
<b>200mH</b>					36.08 39.03
<b>Walk</b>	5:06.12 5:22.00	7:29.97 8:09.10	7:46.37 8:10.92	10:40.00 11:27.32	10:16.04 11:01.63
<b>Shot Put</b>	5.06 4.64	5.61 5.24	6.45 5.89	7.58 6.78	7.11 6.45
<b>Discus</b>	11.91 11.24	15.03 13.65	16.91 14.92	17.76 15.85	20.57 17.75
<b>Long Jump</b>	3.12 2.99	3.43 3.25	3.61 3.38	3.89 3.65	4.14 3.92
<b>Triple Jump</b>			7.47 6.85	8.39 7.64	8.82 8.41
<b>High Jump</b>	1.03 1.00	1.11 1.08	1.20 1.15	1.30 1.23	1.34 1.25
<b>Javelin</b>			13.79 11.33	16.90 14.83	18.60 16.24

## Minimum Entry Standards

The following events have minimum entry standards. Athletes will not be entered into the State Individual Championships unless their best performance is better than the minimum entry standard.

<b>Age Group</b>	<b>800m</b>	<b>1500m</b>	<b>Walk</b>
Under 9	4:00.00	N/A	7:00.00
Under 10	4:00.00	N/A	10:00.00
Under 11	3:45.00	7:00.00	10:00.00
Under 12	3:45.00	7:00.00	12:30.00
Under 13	3:30.00	7:00.00	12:30.00
Under 14	3:30.00	7:00.00	12:30.00
Under 15	3:30.00	7:00.00	12:00.00
Under 16	3:30.00	7:00.00	12:00.00
Under 17	3:30.00	7:00.00	12:00.00



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