



Zone Athletics – Qualifying Standards (2026)

Track Events – Boys

Age Group	800m	1500m
Junior (8–10)	3:02.00	6:20.00
11 years	3:00.00	6:15.00
12/13 years	2:58.00	6:10.00

Track Events – Girls

Age Group	800m	1500m
Junior (8–10)	3:18.00	7:00.00
11 years	3:15.00	6:55.00
12/13 years	3:12.00	6:45.00

Field Events – Boys

Age Group	Long Jump	Shot Put	High Jump	Discus
Junior (8–10)	3.20m	7.20m	1.02m	14m
11 years	3.45m	7.70m	1.12m	15m
12/13 years	3.70m	8.20m	1.18m	16m

Field Events – Girls

Age Group	Long Jump	Shot Put	High Jump	Discus
Junior (8–10)	3.00m	6.20m	1.00m	12m
11 years	3.30m	6.45m	1.08m	13m
12/13 years	3.45m	7.20m	1.12m	15m

Equipment

Shot Put: 8–11 years – 2kg | 12–13 years – 3kg

Discus: 8–10 years – 500g | 11–13 years – 750g