



Little Athletics Victoria
Junior **Development Squad**

2014-2015

JDS Qualifying Standards

EVENT	BOYS						GIRLS					
	U11	U12	U13	U14	U15	U16	U11	U12	U13	U14	U15	U16
70m	10.50	10.10					10.80	10.30				
100m	14.65	13.95	13.30	12.70	12.40	12.40	15.10	14.30	13.90	13.65	13.65	13.65
200m	29.90	28.50	27.00	26.00	25.00	25.00	31.50	29.50	28.20	28.00	28.50	28.50
400m	68.50	65.50	61.50	60.00	58.00	58.00	71.50	67.50	65.00	64.50	64.50	64.50
800m	2:38	2:33	2:26	2:23	2:16	2:16	2:45	2:39	2:35	2:35	2:35	2:35
1500m	5:20	5:10	5:05	5:00	4:45	4:45	5:43	5:35	5:25	5:26	5:26	5:26
60m Hurdles	10.90	10.70					11.15	10.90				
80m Hurdles	14.50	14.25	14.15				14.90	14.50	14.50	14.30		
90m Hurdles				15.20							16.40	16.40
100m Hurdles					16.00	16.00						
300m Hurdles			50.00	47.00	46.00	46.00			52.50	51.50	51.50	51.50
1500m Walk	9:15	9:15	9:00	8:30	8:30	8:30	9:30	9:15	9:00	9:00	8:45	8:45
Long Jump	4.35	4.50	4.80	5.15	5.50	5.50	4.00	4.15	4.40	4.65	4.80	4.80
Triple Jump	9.05	9.60	10.15	10.80	11.40	11.40	8.60	9:15	9.60	10.00	9.90	9.90
High Jump	1.30	1.40	1.50	1.55	1.60	1.60	1.25	1.35	1.40	1.45	1.45	1.45
Shot Put	9.00	8.30	10.00	10.25	10.80	10.80	7.65	8.90	8.50	8.65	8.50	8.50
Discus	23.50	27.00	27.00	30.00	33.50	33.50	19.00	22.00	26.00	21.50	23.00	23.00
Javelin	22.75	26.50	27.00	30.00	33.00	30.00	16.50	20.50	24.00	24.50	24.50	24.50
Multi - Event	1st to 8th place inclusive at the State Championships in each age group											
Cross Country	1st to 8th place inclusive at the State Championships in each age group											

- For performances close to the qualifying standard run on a grass track, please email or ring the LAVic Office for consideration **prior** to registering.
- An adjustment is made for performances on a grass track; however please contact the office **first** to ensure the adjusted performance is within the qualifying standard.