



## A-SQUAD Selection Policy

### ELIGIBILITY

To be eligible for selection athletes must be a current registered member of Queensland Athletics or Athletics North Queensland.

### CRITERIA

Achieve the qualifying standard at a QA or ANQ Permit/Carnival meet or higher.

Any athlete that achieves the entry standard is automatically qualified. Entry standards and associated details can be found in the attached document or at [www.qldathletics.org.au](http://www.qldathletics.org.au)

### Achieve Entry Standard

Athletes who achieve the entry standard for any event during the period 1 July 2017 – 30 June 2018 automatically qualify for the A-SQUAD in that event (see attached entry standards). Athletes must achieve the standard for their age group at the time of competition during the qualifying period, and must ensure the performance is legal, and recorded at a QA/ANQ Gold or Silver Permit meet or higher, with the correct implement or hurdle height where relevant. Hand times will not be accepted.

The squad list will be updated fortnightly from the beginning of the qualifying period until the end of the qualifying period with the squad finalised on the 1<sup>st</sup> July 2018.

### NOTES

Age is calculated as at 31 December 2018. **Age groups** are outlined below accordingly.

- **Under 16** - athletes must not have their sixteenth birthday on or before 31 December 2018 (must be born in 2003 or 2004)
- **Under 18** - athletes must not have their eighteenth birthday on or before 31 December 2018 (must be born in 2000<sup>1</sup> or 2002<sup>1</sup>)
- **Under 20** - athletes must not have their twentieth birthday on or before 31 December 2018 (must be born in 1999 or 2000<sup>1</sup>)
- **OPEN** – athletes must be born 1998<sup>1</sup> or earlier

<sup>1</sup> In the instance of an athlete changing age groups at 31 December 2017, QA will accept a performance/s achieved in the lower age group on or before 31 December 2017 e.g. if an athlete were born in 2002 and achieved the Under 16 A-Squad standard/s on or before 31 December 2017 their performance/s will be accepted.



A-SQUAD Entry Standards;



Men (U/16-20)

<b>EVENT</b>	<b>Men U/20</b>	<b>Men U/18</b>	<b>Men U/16</b>
100m	10.70	10.86	11.45
200m	21.57	21.80	22.80
400m	47.81	48.66	51.71
800m	1.51.23	1.52.77	2.00.56
1,500m	3.51.03	4.01.65	4.13.39
3,000m	-	8.38.80	9.12.63
5,000m	14.52.76	-	-
2,000m Steeple	-	6.09.61	6.36.49
3,000m Steeple	9.43.28	-	-
3,000m Walk	-	-	15.49.83
5,000m Walk	-	27.23.50	-
10,000m Walk	48.20.8	-	-
100m Hurdles (84cm)	-	-	13.89
110m Hurdles (91cm)	-	14.39	-
110m Hurdles (99cm)	14.62	-	-
200m Hurdles (76cm)	-	-	29.22
400m Hurdles (91cm)	55.60	-	-
400m Hurdles (84cm)	-	55.08	-
High Jump	2.07	2.03	1.83
Long Jump	7.19	6.95	6.27
Triple Jump	14.37	14.02	12.91
Pole Vault	4.56	4.07	2.99
Shot Put (6kg)	15.43	-	-
Shot Put (5kg)	-	16.60	-
Shot Put (4kg)	-	-	15.00
Discus (1.75kg)	50.13	-	-
Discus (1.5kg)	-	51.36	-
Discus (1kg)	-	-	52.40
Javelin (800g)	60.41	-	-
Javelin (700g)	-	62.25	52.00
Hammer (6kg)	52.33	-	-
Hammer (5kg)	-	53.81	-
Hammer (4kg)	-	-	42.48
Decathlon	5314	5417	-
Heptathlon	-	-	3707



**A-SQUAD Entry Standards;**

**Women (U/16-20)**

<b>EVENT</b>	<b>U20</b>	<b>U18</b>	<b>U16</b>
100m	11.97	12.07	12.45
200m	24.48	24.59	25.24
400m	55.43	56.18	58.85
800m	2.09.76	2.10.88	2.15.26
1,500m	4.26.18	4.29.36	4.42.66
3,000m	-	10.14.12	10.21.07
5,000m	17.31.95	-	-
2,000m Steeple	-	7.21.87	7.41.24
3,000m Steeple	11.22.75	-	-
3,000m Walk	-	-	16.28.36
5,000m Walk	-	29.51.51	-
10,000m Walk	53.39.90	-	-
90m Hurdles (76cm)	-	-	13.60
100m Hurdles (76cm)	-	14.43	-
100m Hurdles (84cm)	14.57	-	-
200m Hurdles (76cm)	-	-	30.43
400m Hurdles (76cm)	62.66	63.92	-
High Jump	1.77	1.73	1.66
Long Jump	5.80	5.69	5.50
Triple Jump	12.24	11.86	11.20
Pole Vault	3.55	3.40	2.70
Shot Put (4kg)	12.71	-	-
Shot Put (3kg)	-	13.63	12.50
Discus (1kg)	44.62	42.80	39.00
Javelin (600g)	42.15	-	-
Javelin (500g)	-	43.71	40.00
Hammer (4kg)	46.06	-	-
Hammer (3kg)	-	47.27	40.00
Heptathlon	3797	4274	3736



**A-SQUAD Entry Standards;**

**Men & Women Open**

<b>EVENT</b>	<b>OPEN MEN</b>
100m	10.42
200m	21.05
400m	46.37
800m	1.47.16
1,500m	3.40.33
5,000m	13.41.87
10,000m	29.19.09
Marathon	2:21.58.00
110m Hurdles	14.59
400m Hurdles	52.56
3,000m Steeple	9.07.38
20K Walk	1:30.07.00
50K Walk	5:12.50.00
High Jump	2.12
Long Jump	7.63
Triple Jump	15.21
Pole Vault	5.01
Shot Put	16.24
Discus	53.41
Javelin	70.91
Hammer	57.31
Decathlon	6681

<b>EVENT</b>	<b>OPEN WOMEN</b>
100m	11.71
200m	23.92
400m	53.86
800m	2.04.62
1,500m	4.15.82
5,000m	16.15.23
10,000m	35.25.18
Marathon	2:46.30.00
100m Hurdles	13.89
400m Hurdles	60.63
3,000m Steeple	10.34.11
20K Walk	1:41.23.00
High Jump	1.80
Long Jump	6.16
Triple Jump	12.69
Pole Vault	3.97
Shot Put	13.66
Discus	50.08
Javelin	46.30
Hammer	54.17
Heptathlon	4935

**NOTE –** The Open Male and Female age groups consist of the events run at the IAAF World Championships and Olympics.