



2024 Inner West PSSA



Athletics Qualifying Information

SCHOOLS MAY ENTER THE FOLLOWING NUMBER OF COMPETITORS IN EVENTS:

100m Age Races	Schools with <u>up to 500</u> students may enter TWO* competitors. Schools with <u>more than 500</u> students may enter THREE* competitors. *Schools may enter an additional competitor, provided all competitors meet the qualifying times stated.
200m Races	TWO* competitors per event. A third competitor may be entered, if all competitors meet the qualifying times stated.
800m Races	ONE* competitor per event. Up to two additional competitors may be entered, if all competitors meet the qualifying times stated.
1500m Races	Schools are invited to submit times for consideration in the 1500m event. Names of students and times to be submitted to the Inner West Zone Athletics Convener for each event. Submitted times need to be attained in the 2024 calendar year and ratified by the Sports Coordinator/Executive from each school.
Relays	ONE team per event.
Field Events	ONE competitor per event. An additional competitor may be entered, if they meet the qualifying standards stated.

Ball Games

There will be no ball games in 2024. To be reviewed for 2025.

2024 Qualifying Standards

100m	8 Yrs	9 Yrs	10 Yrs	11 Yrs	12 Yrs
Boys	18.67	17.82	16.46	15.86	15.89
Girls	19.61	17.67	17.12	16.28	16.48

	BOYS			GIRLS		
	Jnr	11 Yrs	Snr	Jnr	11 Yrs	Snr
200m	36.00	34.30	32.99	43.81	38.07	34.25
800m	3:09.97	2:57.91	3:00.25	3:18.81	3:19.92	3:32.15
High Jump	1.10	1.20	1.25	1.05	1.15	1.20
Long Jump	3.37	3.53	3.72	3.05	3.18	3.19
Shot Put	6.85	7.21	6.87	5.03	6.49	5.69
Discus	15.86	18.12	15.37	11.99	13.34	12.77

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