

NATIONAL CROSS COUNTRY AA PARA-ATHLETE ENTRY STANDARDS

Cross Country - PARA QUALIFYING STANDARDS - GIRLS

CLASS	2km			3km		
	10 YEARS	11 YEARS	12 YEARS	13 YEARS	14-15 YEARS	16-19 YEARS
T01	12:41.47	12:09.74	11:38.02	17:58.8	17:27.0	16:55.3
T11	17:23.81	16:40.32	15:56.82	24:38.7	23:55.2	23:11.7
T12	14:56.40	14:19.05	13:41.70	21:09.9	20:32.5	19:55.2
T13	13:26.18	12:52.59	12:19.00	19:02.1	18:28.5	17:54.9
T20	13:00.58	12:28.05	11:55.53	18:25.8	17:53.3	17:20.8
T35 - 36	17:30.82	16:47.03	16:03.25	24:48.7	24:04.9	23:21.1
T37	15:46.06	15:06.64	14:27.22	22:20.2	21:40.8	21:01.4
T38	15:24.07	14:45.57	14:07.07	21:49.1	21:10.6	20:32.1
T44	17:51.86	17:07.20	16:22.54	25:18.5	24:33.8	23:49.2
T45 - 46	14:57.34	14:19.95	13:42.56	21:11.2	20:33.8	19:56.4
T40 - T41	28:00.00	26:50.00	25:40.00	39:40.0	38:30.0	37:20.0

Cross Country – PARA QUALIFYING STANDARDS - BOYS

CLASS	2km			3km		
	10 YEARS	11 YEARS	12 YEARS	13 YEARS	14-15 YEARS	16-19 YEARS
T01	12:09.90	11:40.70	11:11.51	18:00.3	17:31.1	17:01.9
T11	14:30.05	13:55.25	13:20.45	21:27.7	20:52.9	20:18.1
T12	11:20.42	10:53.21	10:25.99	16:47.0	16:19.8	15:52.6
T13	11:31.25	11:03.60	10:35.95	17:03.1	16:35.4	16:07.8
T20	11:12.53	10:45.62	10:18.72	16:35.3	16:08.4	15:41.5
T35 - 36	14:45.68	14:10.25	13:34.82	21:50.8	21:15.4	20:39.9
T37	12:01.12	11:32.28	11:03.44	17:47.3	17:18.4	16:49.6
T38	11:37.45	11:09.55	10:41.65	17:12.2	16:44.3	16:16.4
T44	17:20.10	16:38.50	15:56.89	25:39.3	24:57.7	24:16.1
T45 - 46	10:42.43	10:16.73	09:51.03	15:50.8	15:25.1	14:59.4
T40 - T41	27:21.77	26:16.10	25:10.43	40:29.8	39:24.2	38:18.5